Topic Paper

# Strong and Healthy Communities

Updated September 2023

## Purpose

1. The purpose of this Topic Paper is to provide background information on the subject of strong and healthy communities to support the development of Local Plans, AONB Management Plans and Neighbourhood Plans. The Minerals and Waste Local Plan offers opportunities to improve health and wellbeing, particularly with the restoration of quarries. This document is primarily concerned with communities and neighbourhoods. For that reason this document does not apply to the Mineral and Waste Local Plan.

## What is healthy place shaping?

1. Our ambition is to plan for new and shape existing communities to actively

promote health and wellbeing and make it easier for people to enjoy healthy and sustainable lives, now and in the future.

1. Healthy place shaping involves local government working in partnership to create sustainable, well-designed communities where healthy behaviours are the norm and which provide a sense of belonging and safety, a sense of identity and a sense of community.
2. The review of Local Plans provides an exceptional opportunity to shape healthy and thriving places where the right policies, environment and partnership working are adopted to empower individuals, communities and organisations to make healthier choices.
3. Healthy place shaping includes the following:
* Shaping the built environment, so people can easily access green spaces and are enabled to walk and cycle more.
* Working with local people and community groups, schools and businesses to support them in making the healthier choice the easier choice.
* Developing local health and care services to deliver more preventive local services.
1. The Strategic Vision of the Future Oxfordshire Partnership of local planning authorities, OXLEP, the universities and NHS, supports these ambitions and has identified healthy place shaping as an integral objective of its overall strategy.

## National Policy context

1. The National Planning Policy Framework (NPPF) 2021 [[1]](#footnote-1) is explicit in its support for healthy place shaping. The following table outlines the relevant chapters:



1. The NPPF makes clear that the planning system has a social objective:

*“to support strong, vibrant and healthy communities, by ensuring that a sufficient number and range of homes can be provided to meet the needs of present and future generations; and by fostering well-designed beautiful and safe places, with accessible services and open spaces that reflect current and future needs and support communities’ health, social and cultural well-being" (Ch: 8)*

1. “*Planning policies and decisions should aim to achieve healthy, inclusive and safe places which:*

*promote social interaction, including opportunities for meetings between people who might not otherwise come into contact with each other – for example through mixed-use developments, strong neighbourhood centres, street layouts that allow for easy pedestrian and cycle connections within and between neighbourhoods, and active street frontages;*

*are safe and accessible, so that crime and disorder, and the fear of crime, do not undermine the quality of life or community cohesion – for example through the use of attractive, well-designed, clear and legible pedestrian and cycle routes, and high quality public space, which encourage the active and continual use of public areas; and*

*enable and support healthy lifestyles, especially where this would address identified local health and well-being needs - for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling*”. *(Ch:92)*

1. The National Planning Practice Guidance (NPPG) reaffirms that local planning authorities should ensure that health and wellbeing and health infrastructure are considered in plan making and in planning decision-making. Its section on health and wellbeing supports the issues found within the NPPF.
2. The NPPG advises that:

“*Planning and health need to be considered together in two ways: in terms of creating environments that support and encourage healthy lifestyles, and in terms of identifying and securing the facilities needed for primary, secondary and tertiary care, and the wider health and care system (taking into account the changing needs of the population).”* [[2]](#footnote-2)

1. *The first point of contact on population health and wellbeing issues, including health inequalities, is the Director of Public Health for the local authority, or at the county council for two-tier areas.*

*Working with the advice and support of the Director of Public Health, plan-makers may also need to involve the following key groups in the local health and wellbeing system:*

*Health and Wellbeing Boards encourage integrated working among commissioners of services and functions of local government (including planning) for the advancement of the health and wellbeing of people in their area. Each Board is responsible for producing a Health and Wellbeing Strategy which is underpinned by a Joint Strategic Needs Assessment. This will be a key strategy for a local planning authority to take into account to improve health and wellbeing. Other relevant strategies to note would cover issues such as obesity and healthy eating, physical activity, dementia care and health inequalities*

1. The NPPG on Healthy and Safe Communities has a specific section on using planning to create healthier food environment, and other PPG guidance on sustainable transport and green infrastructure also help inform local plan policies and decisions.
2. The NPPG also identifies that a Health Impact Assessment (HIA) is a useful tool to use where there are expected to be significant impacts.
3. Government Policy ‘*Prevention is better* *than a cure’[[3]](#footnote-3) (*2018), recognised that prevention cannot be solved purely by the health and social care system alone. It identifies that there is a role for individuals and families but also that the wider environment we live in determines our health.
4. The basic building blocks of health: education, work, food, transport, access to nature, the strength of family, friends and community networks account for 80% of our health and wellbeing and are driving persistent and worsening health inequalities.[[4]](#footnote-4) The Marmot Review[[5]](#footnote-5) identified that poor health does not arise by chance and is not simply linked to genetic make-up, unhealthy lifestyles and a lack of access to medical care. Although these factors are important, the greatest contributor to poor health are the differing social, environmental and economic conditions of local communities and their places. The Review sets out six policy objectives that contribute to a healthy environment and reduce unfair and unjust inequalities in health:
* Give every child the best start in life;
* Enable all children, young people and adults to maximise their capabilities and have control over their lives;
* Create fair employment and good work for all;
* Ensure a healthy standard of living for all;
* Create and develop healthy and sustainable places and communities;
* Strengthen the role and impact of ill health prevention
1. ‘Place’ matters, as was confirmed by Health Equity: The Marmot Review 10 Years on (2020) [[6]](#footnote-6)which identified that since the 2010 Review the decade to 2020 has been marked by deteriorating health and widening health inequalities. A transformational approach to healthy place shaping is required to address these wider social and environmental issues.
2. In determining what such an approach might look like, guidance produced by the Town and Country Planning Association’s *Creating Health Promoting Environments*[[7]](#footnote-7), Public Health England’s *Spatial Planning for Health[[8]](#footnote-8)*, and its *Place Based Approach to Reducing Health Inequalities* and NHS England’s *Putting Health into Place* are useful sources of information recently published by national bodies on how to plan places for healthy living. The *National Design Guide and Design Code* both emphasize the importance of good design for health and wellbeing and the Royal Town Planning Institute have produced several publications that support healthy place shaping including *Mental Health and Town Planning: building in resilience[[9]](#footnote-9), Enabling Healthy Placemaking[[10]](#footnote-10) and Dementia and Town Planning[[11]](#footnote-11).*
3. NICE have produced draft guidelines[[12]](#footnote-12) for planners to encourage physical activity in the population and to plan for environments that promote a healthy weight[[13]](#footnote-13). This guidance highlights that healthy place shaping applies equally to existing communities and regeneration projects as much as new developments. Finally, the NHS England’s *Long-Term Plan* (Jan 2019)[[14]](#footnote-14) lays down the gauntlet for all those who plan and design places to ensure that they do so with the nation’s future health uppermost in their minds: “*Wider action on prevention will help people stay healthy and also moderate demand on the NHS. Action by the NHS is a complement to – not a substitute for – the important role of individuals, communities, government, and businesses in shaping the health of the nation*”.

## Local Policy context

1. In Oxfordshire, healthy place shaping is being taken forward in the context of the [Strategic Vision developed by the Future Oxfordshire Partnership](https://futureoxfordshirepartnership.org/projects/oxfordshire-strategic-vision/): *“We want Oxfordshire’s people, places and environment to thrive so that the lives of current and future generations are enhanced*.” One of the nine objectives of the Strategic Vision is to have a healthier and happier population and healthy place shaping is identified as an important mechanism for delivering this objective.
2. Oxfordshire’s emerging and adopted Local Plans contain priorities which directly relate to healthy place shaping principles and a range of policies and proposals that will support the creation of healthy communities.
3. District and City policies have identified the need for health impact assessments (HIA) to be conducted for all strategic or major development. A HIA identifies and takes account of the health status and needs in the area and provides information about how development needs to improve health and wellbeing. A [Health Impact Assessment Toolkit](https://futureoxfordshirepartnership.org/projects/oxfordshire-health-impact-assessment-toolkit/) has been produced to support planners and developers to undertake and assess the quality of HIAs; its use was endorsed by all the Local Planning Authorities in 2021.
4. The following illustrates the existing approach to development as set out in the various local plans across Oxfordshire:
5. In West Oxfordshire the Local Plan 2011-31 enables new development, services and facilities in locations which will help improve the quality of life of local communities and where the need to travel, particularly by care workers, can be minimised. A review of the local plan has begun, with initial consultation taking place during Spring 2022 on potential issues and policy areas, and with focused consultation on ideas and objectives taking place during late summer 2023 . The adopted West Oxfordshire Council Plan 2031 has as one of its key priorities: Facilitating healthy lifestyles and better wellbeing for everyone. The emerging review local plan identifies four objectives as part of the focus on ‘Healthy, safe, strong and inclusive communities’.

An Area Action Plan for the Salt Cross Garden Village is currently at Examination. Healthy place shaping is one of seven components of the overall strategy for the proposed development. Ten key healthy place shaping principles have been identified which are to be embedded into the new village. A Health Impact Assessment will be required to accompany planning applications for major development.

1. The Oxford Local Plan (2036) requires a Health Impact Assessment when a development includes a proposal of 10 or more dwellings or 1000m2. It should be submitted as part of the pre-application stage or later planning application submission.

The emerging Oxford Local Plan’s (2040) proposed submission consultation (reg 19) will be occurring at the end of 2023; the team are considering aligning their HIA policy with the Oxfordshire Health Impact Assessment Toolkit.  The HIA policy highlights the importance of identifying the relevant population groups and any local health issues that could be adversely impacted by a development.

1. The South Oxfordshire Local Plan 2011-34 requires that housing needs be met by delivering high quality, sustainable attractive places and providing access to high quality leisure, recreation, cultural, community and health facilities. It also requires a HIA to be submitted for all proposals delivering strategic development in the district.
2. The Vale of White Horse Local Plan 2031 seeks to build healthy and sustainable communities which protect the environment and respond to climate change. Additionally, a HIA is required to be submitted for all strategic development in the district.

South Oxfordshire and Vale of White Horse District Councils are now working together to prepare a new Joint Local Plan 2041. Once adopted, this plan will replace the existing Local Plans for both South Oxfordshire and Vale of White Horse.

1. Cherwell’s Local Plan 2011-31 proposes a number of transformational steps which will all support healthy place shaping, including securing an excellent transport system; inclusive communities and quality urban, rural and natural environments. The Plan also contains policies that promote innovative approaches to growth, notably those which govern the ground-breaking developments at NW Bicester (Eco Town) and Graven Hill (large scale self-build). The lessons being learned from these projects will inform how the District plans and designs growth in the future.

CDC are currently preparing a new local plan. The consultation draft Cherwell Local Plan Review 2040 was published in September 2023. It proposes three overarching themes, one of which is ‘Building Healthy and Sustainable Communities’. A suite of draft policies are proposed under this theme. The draft Plan is being informed by a Health and Equalities Impact Assessment.

## Supporting Strategies

1. ***Oxfordshire Joint Health and Wellbeing Strategy 2018-2023[[15]](#footnote-15)***

Developing a coordinated approach to prevention and healthy place shaping is the first of four interrelated headline priorities which also include:

* Improving the resident’s journey through the health and social care system;
* Agreeing an approach to working with the public so as to re-shape and transform services locality by locality;
* Agreeing plans to tackle critical workforce shortages.

Cutting across all four of these priorities is a commitment to shift the focus to the prevention of ill health, reducing the need for treatment and care whilst also tackling health inequalities. A revised Oxfordshire Joint Health and Wellbeing Strategy 2024-2030 is currently being developed; strengthening the building blocks of health through healthy place shaping will be a core element of the new strategy.

1. ***Strategic Economic Plan for Oxfordshire 2023-2033***

The ambition is that through the SEP:

”*by 2033, people and communities across Oxfordshire will be benefitting from new opportunities which are created sustainably, supporting the journey to Net Zero through investment in local enterprise and innovation. These will enhance further their well-being in an outstanding local environment. They will also underpin, complement and support a wider innovation ecosystem which will continue to be of global significance, transforming for the better lives of people across the world.*

The Strategic Economic Plan is currently being updated and will focus on developing a more inclusive economy for Oxfordshire and strengthening the foundational economy. It recognizes the important role businesses have to play in healthy place shaping by supporting the development of communities which have resilient local economies with a diverse range of local employment opportunities.

1. ***Local Transport and Connectivity Plan 2022-2050[[16]](#footnote-16)***

The adopted Local Transport and Connectivity Plan (LTCP) outlines Oxfordshire County Council’s long-term vision for transport and travel in the county and the policies required to deliver this.

The LTCP outlines a clear vision to deliver a net-zero Oxfordshire transport and travel system that enables the county to thrive whilst protecting the environment and making Oxfordshire a better place to live for all residents.

It is planned to achieve this by reducing the need to travel, discouraging individual private vehicle journeys and making walking, cycling, public and shared transport the natural first choice. Healthy place shaping will play an important role in helping to deliver all aspects of the LTCP vision.

In support of the vision the LTCP identifies six key themes, health and healthy place shaping are both identified as key themes. To build on this, the LTCP includes a healthy place shaping policy chapter. The policies included are:

* Healthy Streets Approach
* Health Impact Assessment
* Safe streets
* Travel to school and work
* Guidance for new development
* 20-minute neighbourhoods
* Integrated planning
1. ***AONB Plans***

The Chilterns AONB Management Plan 2019–2024, the Cotswolds National Landscape Management Plan 2023-2025[[17]](#footnote-17), the North Wessex AONB Management Plan 2019-24, include community activation objectives, seek to promote opportunities for improving health and wellbeing and highlight the impacts on health and wellbeing[[18]](#footnote-18). The government’s response to the Glover Review emphasized the need for our protected landscapes to be accessible to all, improve mental and physical wellbeing and support local economies.[[19]](#footnote-19)

## Challenges for Oxfordshire

1. Against a background of a growing and ageing population, where the number of people with chronic and complex diseases is increasing, recovery from the legacy of Covid, in particular increases in obesity at all ages and a deterioration in the mental wellbeing of young people, and housing pressures which exacerbate staffing shortages and result in long commutes, the strategic focus of Oxfordshire’s Joint Health and Wellbeing Strategy 2018-2023[[20]](#footnote-20) approved in July 2019 is to:
	* prevent avoidable illness
	* reduce need for treatment and
	* lower the impact of illness by supporting independence and delaying the need for care

It aims to deliver this through four key work streams which all prioritise reducing health inequalities in Oxfordshire:

* A good start in life
* Living well
* Ageing well
* Tackling wider issues that determine health

Although Oxfordshire is better than the national average for many health outcomes, evidence shows a high proportion of morbidity is preventable such as heart disease, cancer and diabetes. This is more pronounced amongst communities suffering socio-economic deprivation. Some groups are at more risk because of the combined effects of where they live, their age, ethnicity, gender and mental health.

1. Current increases in demand for health and care services and infrastructure are unsustainable. Health inequalities undermine productivity and place a disproportionate burden on services. Local Plans present us with a critical opportunity to plan for future growth so that it benefits the health and wellbeing of existing and new residents / workers alike.
2. But this won’t happen unless we make a concerted effort to put healthy place shaping at the heart of how we build and design new places. By having in place a long term and coordinated approach across the County to build new places and to regenerate existing communities that make it easy for people to live healthier lives, we will be tackling in a very positive way the strategic priorities set out above.
3. As well as delivering healthy lives, healthy place shaping contributes to achieving our climate change ambitions, as many of the drivers behind healthy communities such as a focus on active travel, improving air quality, and creating sustainable healthy food systems also support planetary health. The City and District Local Plans will contain more detailed planning policies that will shape growth at the city and district level.

## Recommendations for Local Plan Healthy Place Shaping Policies

*Strategic principles approach*

1. It is proposed that the healthy place shaping policies in Local Plans include a number of strategic principles to guide and inform how the city and districts plan for growth at the local level. The benefit of doing so is to promote a clear and consistent approach to healthy place shaping across the County and ensure that city and district level local plans contain relevant and effective measures to create healthy places.
2. The following outlines the strategic principles that should be included. These are based upon considerations that are evidence based and referenced in the above cited sources of guidance to make a difference. They also reflect the local learning gained from the Healthy New Towns in Bicester and Barton, which is reflected in NHS London Healthy Urban Development’s[[21]](#footnote-21) broad determinants of healthy urban planning, in NHS England’s guidance Putting Health into Place and in Sport England’s Active Design principles.
3. **Local Plan policies need to require that proposals for major development, urban extensions and regeneration schemes must contribute towards shaping healthy communities by demonstrating that they adhere to the following principles to deliver high quality sustainable places that must:**
4. address the existing and projected health and wellbeing needs of an area, including addressing health inequalities and avoiding and mitigating any adverse health and sustainability impacts
5. design in opportunities for people to be more active and to improve air quality e.g. street layout and public realm to encourage walking and cycling as modes of transport, open spaces/green spaces for play and recreation, sports and leisure
6. enable good mental wellbeing through reducing social isolation and loneliness by encouraging social community infrastructure and opportunities for people to meet and connect with one another
7. enable easy access (within 10 minutes of where people live) to nature-rich green spaces to enable connection with nature, to promote physical and mental health and wellbeing and to deliver multiple benefits for people, place and the environment
8. mitigate and adapt to climate change, using a catchment-based approach to water management, minimising energy demand and maximising the use of renewable energy, using planting to provide shade and to improve air quality, and where viable meeting all demands for heat and power without increasing carbon emissions
9. provide diversity in the residential offer that improves accessibility, affordability, offers high quality design, and promotes inter-generational connectivity and lifetime neighbourhoods
10. provide adaptable homes with adequate amenities/room sizes and thermal/sound insulation which can accommodate change and support independent living
11. make it easier for people to make healthier food choices by promoting access to fresh, healthy and locally sourced food, for example by providing opportunities to protect existing community food growing spaces and to provide new ones, and by avoiding over-concentration of hot-food takeaways, restricting their proximity so that they are up to 600m walking distance of schools, town centres or other facilities where children, young people, and families gather
12. enable inclusive social, environmental and economic growth which supports local employment and other meaningful activity
13. consider existing community assets that could be enhanced to help promote health and support the provision of multi-functional community facilities and co-location of services at appropriate geographical level e.g. health, social care and public service provision, community hubs, public spaces and green infrastructure
14. be designed to allow universal accessibility, making it easier for everyone to maintain their independence throughout their life course
15. encourage and support the provision of sport and leisure facilities to help communities live active lives. Planning policies and plans should seek to improve access to existing and proposed sport and leisure facilities by walking, cycling and public transport
16. ensure that development is appropriately phased with health promoting infrastructure, such as footpaths and cycle paths, provided in the first phase so that people are supported to adopt healthier day-to-day lifestyle habits when they move into new developments
17. recognise that residents in neighbouring communities need to be actively engaged in the design of major developments so that they are better integrated with existing communities, enhance their sense of place and promote community cohesion. Developers need at the earliest stage of housing delivery to provide community development support for place based social activities that encourage good physical and mental health for local people and promote social connectivity
18. work with local stakeholders to co-produce communities which people value because they have character and a local distinctiveness, which are attractive places to live and work, which promote a sense of identity, and where people feel safe and comfortable

**Supporting Evidence**

The following section provides the evidence base for these principles. The core sources of evidence that span all of these principles include the following:

1. **Core Supporting Evidence**

The Marmot Review-implications for spatial planning (2011)

The Town and Country Planning Association (TCPA) Creating Health Promoting Environments (2017)

Public Health England’s Spatial Planning for Health: evidence resource for planning and designing healthier places (2017)

Public Health England’s Spatial Planning for Health, Getting research into practice (GRIP): study report 2020

Public Health England’s Place Based Approach to Reducing Health Inequalities

NHS England’s Putting Health into Place 2019

Homes England’s Building for a Healthy Life: A Design Code for Neighbourhoods, streets, homes and public spaces (2019)

The National Design Guide

Reuniting Health with Planning: getting research into practice (2021)

Public Health England’s Healthy weight environments: using the planning system (2021)

RTPI’s Mental health and town planning: building resilience (2020)

1. **Evidence re: Active, Sustainable travel**

Sport England Uniting the Movement: a 10 year vision to transform lives and communities through sport and physical activity (2021)

PHE Working together to promote active travel. A briefing for local authorities (2016)

PHE Cycling and walking for individual and population health benefits (2018)

PHE Everybody active, every day: framework for physical activity (2018)

Sport England: Active Design: planning for health and wellbeing through sport and physical activity

Institute for Transportation & Development Pedestrians First: Tools for a walkable city (2018)

Gear Change: cycling and walking plan for England (2020)

Healthy Streets: making streets healthy places for everyone

Sullivan RA et al (2016) J of School Health. The Association of Physical Activity and Academic Behaviour: A systematic Review

Yang et al (2014) Active Commuting from youth to adulthood and as a predictor of physical activity in early midlife: The Young Finns Study Preventive Medicine 59; 5-11

Jones RA et al (2019) Interventions promoting active transport to school in children: a systematic review and meta-analysis. Preventive Medicine 123; 232-241

Cavill N and David A (2019) Active Travel and Physical Activity: evidence review. Sport England

Ijeh, I (2023) Better Places: A Matrix for Measuring & Delivering Placemaking Quality <https://policyexchange.org.uk/wp-content/uploads/Better-Places.pdf>

Local Transport and Connectivity Plan (LTCP) 2022-2050 (July 2022) <https://policyexchange.org.uk/wp-content/uploads/Better-Places.pdf>

1. **Evidence re: Access to Nature and Green/Blue Spaces**

OCC (2022) Making the Case for Investment in Green Infrastructure in Oxfordshire

Space to Thrive: a rapid evidence review of the benefits parks and green spaces have for people and communities (2020)

CRESC (2021) Why should we invest in parks? Evidence from the Parks for People programme

Callaghan 2021. “The impact of green spaces on mental health in urban settings: a scoping review.” Journal of mental health (Abingdon, England) vol. 30,2 (2021): 179-193. doi:10.1080/09638237.2020.1755027.

Groundwork UK (2021) Out of Bounds: equity in access to urban nature

PHE (2020) Improving access to greenspace: A new review for 2020

Natural England (2022) The People and Nature Survey

Natural England (2023) Green Infrastructure Framework <https://designatedsites.naturalengland.org.uk/GreenInfrastructure/Home.aspx>

The Wildlife Trusts (2023) A Natural Health Service Improving lives and saving money

Saitta M, Devan H, Boland P, Perry MA. Park-based physical activity interventions for persons with disabilities: A mixed-methods systematic review. Disabil Health J. 2019 Jan;12(1):11-23. doi: 10.1016/j.dhjo.2018.07.006. Epub 2018 Jul 31. PMID: 30100214.

Wolf KL, Lam ST, McKeen JK, Richardson GRA, van den Bosch M, Bardekjian AC. Urban Trees and Human Health: A Scoping Review. Int J Environ Res Public Health. 2020 Jun 18;17(12):4371. doi: 10.3390/ijerph17124371. PMID: 32570770; PMCID: PMC7345658.

Jabbar 2022. “Assessing the role of urban green spaces for human well-being: a systematic review.” GeoJournal vol. 87,5 (2022): 4405-4423.

1. **Evidence re: Air Quality**

Estimation of costs to the NHS and social care due to the health impacts of air pollution: summary report (2018)

Landmark Air Pollution Decision in the Ella Roberta Adoo Kissi-Debrah Case (2013)

Air Quality: A briefing for Directors of Public Health. LGA, DEFRA and PHE (2016)

NICE Guidance Air pollution: outdoor air quality and health NG70 (2017)

NICE Guidance Indoor air quality at home NG149 (2020)

Chief Medical Officer’s annual report 2022: air pollution (2022)

Air pollution: applying All Our Health 2022

Pathway to WHO: achieving clean air in the UK’

Chemical Hazards and Poisons Report Issue 28 – June 2022 Reducing health harms associated with air pollution

1. **Evidence re: Climate Change and Health**

Climate Change and Health: A tool to estimate health and adaptation costs (WHO)

The 2021 report of the Lancet Countdown on health and climate change: code red for a healthy future (Oct 2021)

Public health and climate change: How are local authorities preparing for the health impacts of our changing climate (J of Public Health June 2021)

UK Health Alliance on Climate Change: This report comes with a health warning: the impacts of climate change on public health (2021)

WHO Sustainable development goals (2017)

1. **Evidence re: Healthy Food**

Keeble et al (2019) [How does local government use the planning system to regulate hot food takeaway outlets? A census of current practice in England using document review](https://www.sciencedirect.com/science/article/pii/S1353829218310414). This study found 164 (50.5%) local government areas had a policy specifically targeting takeaway food outlets; of these, 56 (34.1%) focused on health. The most common health-focused approach was describing exclusion zones around places for children and families.

CEDAR (2022) Food Environment Assessment Tool. Available [here.](https://www.feat-tool.org.uk/) Food Environment Assessment Tool (FEAT) [[22]](#footnote-22)[1]to map, measure and monitor access to food outlets at a neighbourhood level, including changes over time. Developed by [CEDAR](https://www.cedar.iph.cam.ac.uk/) (Centre for Diet and Activity Research) and the [MRC Epidemiology Unit](http://www.mrc-epid.cam.ac.uk/) at the University of Cambridge .

Community Data Research Centre, University of Leeds (2022) [Priority Places for Food index Map](https://priorityplacesforfood.which.co.uk/)

Sustain (2022) Healthier Food Advertising Policy Toolkit

Food Active (2022) [Planning for Healthy Food Environments](https://foodactive.org.uk/wp-content/uploads/2022/02/PFHFE_Toolkit_small.pdf) (a toolkit for planners, developers and communities)

[PHE (2020) Healthy weight environments: using the planning](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/863821/PHE_Planning_healthy_weight_environments_guidance__1_.pdf) system

Nesta (2020) [Designing with the gran: making healthy living easier](https://www.nesta.org.uk/project-updates/designing-grain-making-healthy-living-easier/)

Sustain (2019) Hot Food Takeaways: Planning a route to healthier communities

Sustain (2019) [Taking down junk food ads](https://www.sustainweb.org/reports/taking_down_junk_food_ads/)

Journal of Public Health (2019) The impact of hot food takeaways near schools in the UK on childhood obesity: a systematic review of the evidence. Available [here](https://pubmed.ncbi.nlm.nih.gov/29590382/).

Journal of Health and Place (2019) How does local government use the planning system to regulate hot food takeaway outlets? A census of current practice in England using document review. Available [here.](https://www.sciencedirect.com/science/article/pii/S1353829218310414)

PHE (2018) Fast food outlets: density by local authority in England. Available [here](https://www.gov.uk/government/publications/fast-food-outlets-density-by-local-authority-in-england).

PHE (2017) [Strategies for encouraging healthier ‘out of home’ food provision](https://www.gov.uk/government/publications/encouraging-healthier-out-of-home-food-provision)

PHE (2017) Health matters: obesity and the food environment. Available [here](https://www.gov.uk/government/publications/health-matters-obesity-and-the-food-environment/health-matters-obesity-and-the-food-environment--2).

PHE (2017) [Spatial Planning for Health: an evidence resource for planning and designing healthier places](https://www.gov.uk/government/publications/spatial-planning-for-health-evidence-review)

Obesity and the environment: regulating the growth of fast food outlets

Sustainable Food Places

TCPA and LGA (2016) [Building the foundations: tackling obesity through planning & development](https://www.tcpa.org.uk/resources/building-the-foundations-tackling-obesity-through-planning-and-development/)

TCPA (2014) [Planning healthy-weight environments – the six elements](https://www.tcpa.org.uk/resources/planning-healthy-weight-environments-six-elements/)

Lael E Walsh et al 2022 Environmental Research Lett: Potential of urban green spaces for supporting horticultural production: a national scale analysis

Driessen B Improving access to land for food production in Oxfordshire: what are the possibilities and where do we go from here? Good Food Oxfordshire (2020)

1. **Evidence re: Healthy Economy**

RTPI Poverty, place and Inequality (2016)

Poverty and child health in the UK: using evidence for action. Wickham S, Anwar E, Barr B, et al. Arch Dis Child 2016;101: 759–766.

LGA Guidance 2021 Inclusive economies and healthy futures

LGA 2021 Building more inclusive economies

IPPR 2023 Healthy People prosperous Lives

Impact on Urban Health 2023 Easing pressures: How work, money and homes can make our cities healthier and fairer

[MOney and resources: The Health Foundation https://www.health.org.uk/evidence-hub/money-and-resources](https://www.health.org.uk/evidence-hub/money-and-resources)

1. **Evidence re: Healthy Housing**

UK Green Building Council (2016) Health & Wellbeing in Homes

TCPA Healthy Homes Principles

The role of homes and buildings in levelling up health and wellbeing Research Briefing (2022)

Fuel Poverty, Cold Homes and Health Inequalities in the UK (2022)

Housing and health: a reading list Research Briefing (2022)

Improving health and wellbeing through housing: A High Impact Change Model (2022)

How does housing influence our health? Health Foundation (2017)

BRE The cost of poor housing in England 2021 Briefing paper

1. **Evidence re: Healthy Neighbourhoods**

TCPA The 20 Minute Neighbourhood (2021)

UK Green Building Council (2016) What is a healthy neighbourhood in Health & Wellbeing in Homes

Housing Learning and Improvement Nework (LIN) Active Ageing and the Built Environment (2016)

RTPI Promoting Healthy Cities: why planning is critical to a healthy urban future (2014)

1. **Evidence re: Health Impact Assessments**

PHE Health Impact Assessment in Spatial Planning: A guide for local authority public health and planning teams (2020)

The Oxfordshire Health Impact Assessment Toolkit (2021)

1. **Evidence/guidance re: indoor and outdoor sports facilities provision**

Sport England – Active Lives survey – national survey of activity levels

Sport England - Assessing Needs and Opportunities Guidance

Sport England - Playing Pitch Strategy Guidance

Fields in Trust – Guidance for outdoor sport and play - England (2015)

For National Governing Body sports specific design guidance of facilities see Sport England website

## How will we know if we’ve succeeded?

1. The key question is whether any proposed growth will have either a positive or negative impact on physical health and mental well-being; e.g. will it increase physical activity; reduce loneliness and obesity and promote personal safety? Over time is the gap between healthy life expectancy and overall life expectancy narrowing and are health inequalities being reduced?

Will new housing options be sufficiently diverse to encourage inter-generational connectivity and support social cohesion? Can growth enhance productivity by reducing congestion, increasing access to and choice in active travel modes, and create a public realm that is not car dominated? Are businesses benefiting from seeing a reduction in sickness absence, and an improvement in staff recruitment and retention? Most importantly growth needs to be inclusive in order to reduce deprivation and resulting health inequalities.

1. A set of healthy place shaping indicators has been developed by the public health team in OCC and will be reported against in [the annual Joint Strategic Needs Assessment](https://insight.oxfordshire.gov.uk/cms/healthy-place-shaping) so that the impact of this policy can be assessed in future years. And this really gets to the heart of the rationale for the inclusion of some healthy place shaping policies in Local Plans - not least because if policies or standards are not in place against which to assess what has been built, it will not be clear what has worked, what hasn’t and what needs some improvement. It is important for the people of Oxfordshire and for future generations that performance and impact are assessed, and that learning is used to create healthy communities.
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5. Marmot, M. (2010) Fair Society, Healthy Lives: The Marmot Review. [↑](#footnote-ref-5)
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8. [Spatial Planning for Health: an evidence resource for planning and designing healthier places](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf) (June 2017) Public Health England [↑](#footnote-ref-8)
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10. <https://www.rtpi.org.uk/media/5777/enabling-healthy-placemaking.pdf> (2020) RTPI [↑](#footnote-ref-10)
11. <https://www.rtpi.org.uk/practice/2020/september/dementia-and-town-planning> [↑](#footnote-ref-11)
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13. <https://www.gov.uk/government/publications/healthy-weight-environments-using-the-planning-system> (2021) PHE [↑](#footnote-ref-13)
14. [Overview and Summary, Chapter 2, NHS England Long Term Plan](https://www.england.nhs.uk/long-term-plan/) (Jan 2019) NHS England [↑](#footnote-ref-14)
15. [Draft Oxfordshire Joint Health and Wellbeing Strategy 2018-2023](https://consult.oxfordshireccg.nhs.uk/gf2.ti/-/998242/45689061.1/PDF/-/Draft_Oxfordshire_Joint_Health_and_Wellbeing_Strategy_2018__2023.pdf) (Nov 2018) Oxfordshire Clinical Commissioning Group & Oxfordshire County Council [↑](#footnote-ref-15)
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21. [Rapid Health Impact Assessment Tool](https://www.healthyurbandevelopment.nhs.uk/wp-content/uploads/2017/05/HUDU-Rapid-HIA-Tool-3rd-edition-April-2017.pdf) (Apr 2017) HUDU Planning for Health [↑](#footnote-ref-21)
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