

Healthy Cities, Healthy People and Spatial Planning

The Links

Dr. Russell Jones

GCPH

- Research and development centre
- Partnership
 - Glasgow City Council
 - NHS Greater Glasgow & Clyde
 - University of Glasgow
- Develop new ways of thinking and working in order to improve the health of Glasgow

www.gcph.co.uk

Healthy Urban Planning

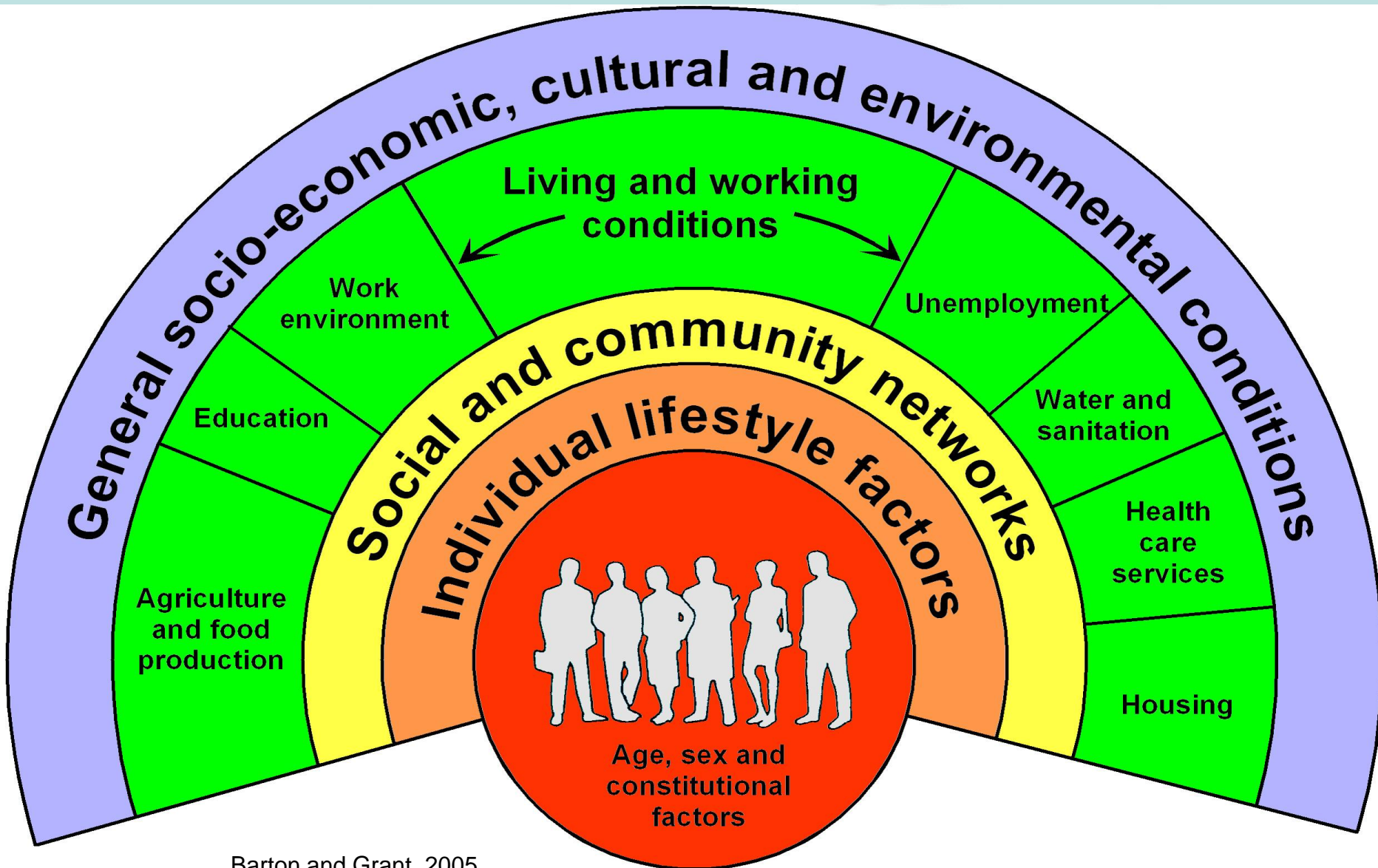
- International Movement
- Seeks to enhance the physical, mental, social and environmental well-being of people who live and work in cities
- Planning for people
 - Placing people's needs at heart of urban planning process
 - Consider implications of planning decisions for human health and well-being
- Balance social, environmental and economic pressures
- Infrastructure for people to optimise health

What is health?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Constitution of WHO, 1946

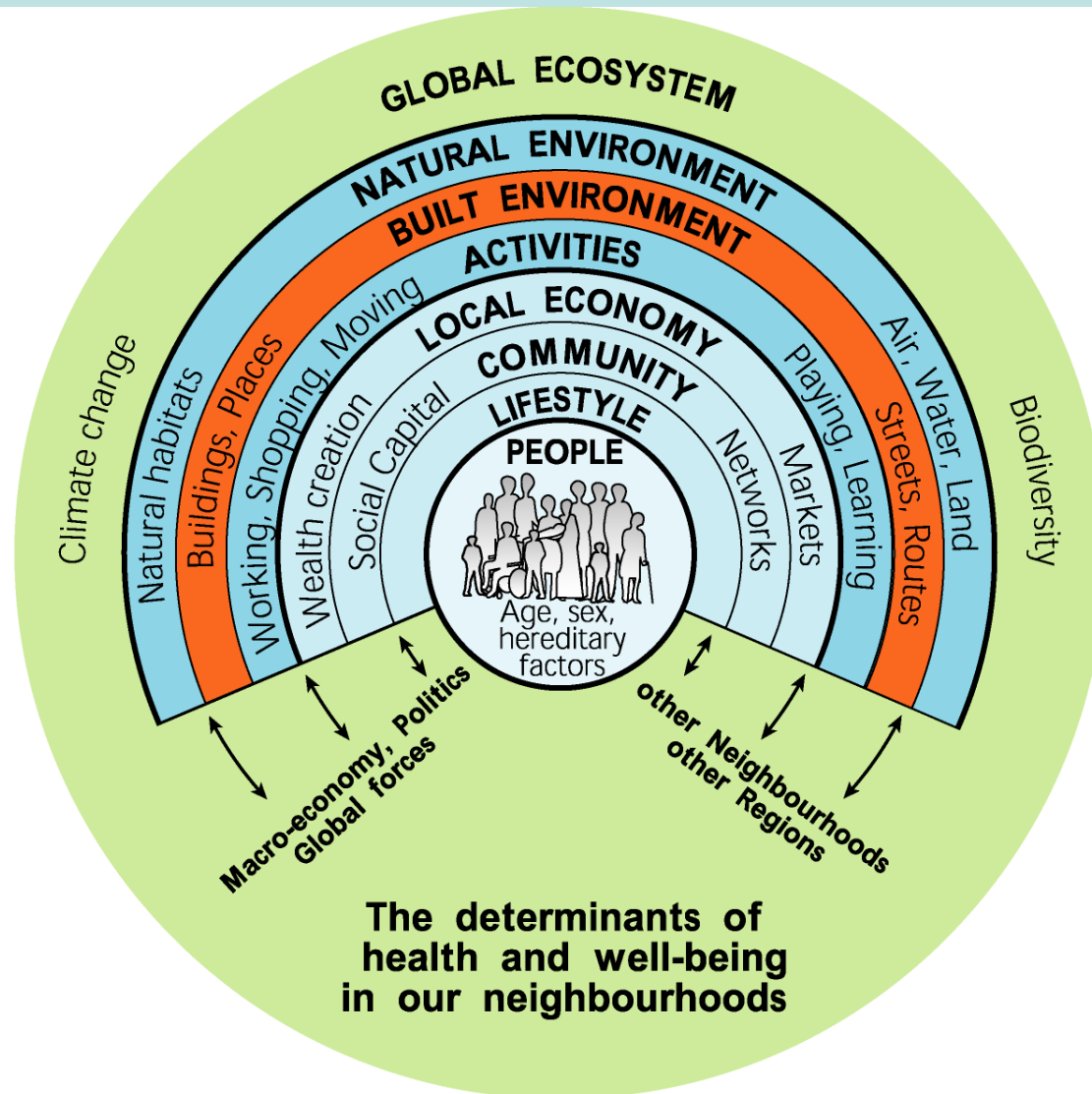
Determinants of health



Barton and Grant, 2005

Source: Dahlgren and Whitehead, 1991

Determinants of health



How can Planners affect Health?

- Conditions in which people live and work
- Access to facilities and services
- Infrastructure to facilitate healthy lifestyles
- Infrastructure to facilitate social networks
- Mental health, well-being, quality of life
- Engagement of local communities
- Sustainable development

Evidence

- Place and space have an impact on human health and wellbeing.
- Individual actions for health improvement are likely to be constrained by the environmental and socio-economic contexts in which they take place.

Direct Impacts

- Traditionally associated with planning and environmental health, e.g.
 - air quality (indoor and outdoor),
 - climate,
 - water quantity and quality,
 - noise and
 - traffic-related injuries
- Much of the evidence is quantifiable and causal effects can be attributed

Indirect Impacts

- Focus on influence of built environment design on determinants of health, e.g.
 - perceptions of the local area,
 - social connections, and
 - physical activity
- These, in turn, are associated with physical and mental health and well-being
- Studies mostly not designed to attribute causality, in part due to the complex nature of the questions and finding appropriate comparisons



↓ Depression

↓ CO₂ emissions

↓ Air pollution

↑ Physical activity

↓ Osteoporosis

↓ Injuries

And by the way...
↓ Infrastructure costs

↑ Social capital

Health: the origins of planning



Bethnal Green, 1863

Blue Gate Fields, 1872

“Traffic will be to 21st century public health what sewage was to 19th century public health”

Scrofula
Cholera

Diphtheria

Typhoid

Dysentery

1858

Stress & mental
health

2012

Asthma

Obesity

Heart disease



**What are we trying
to avoid?**













**ELEGANT HOMES FOR
REALLY RICH PEOPLE**



**HANDSOME
UPPER MIDDLE CLASS
HOMES**

**PERFECTLY ADEQUATE
WORKING CLASS
HOMES**



Integrating Health and Planning in Glasgow



Some Examples: Health in Policy and Practice

- GCV Structure Plan 3 Alteration
 - Through joint working, identifying new locational priorities via health component of SIMD
- GCV Common Health Action Programme (set out challenges, locational priorities and key action areas)
 - Through joint working
- Main Issues Report for SDP, SDP
 - Through joint working, Futures group, Carbon emissions group
- Glasgow City Plan 2 and current Local Development Plan
 - Through joint working
- Main Issues Report for Glasgow LDP
 - Through joint working via health stakeholder workshop
- Glasgow EELDS
 - Through joint working via an HIA
- Glasgow Equally Well Test Site
 - Through joint working

So Why Do It?

- If successful planning is about building a better future an intrinsic aim must be to improve the health of the population and reduce health inequalities.
- While health is an output of good planning it is also an input.
- A healthy population is a requirement for a growing and sustainable economy.
- An unhealthy population is a factor which can prevent economic and social progress.