

#### Healthy City Design 2018

## Healthy High Streets:

Good place-making in an urban setting

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#### PHE's role

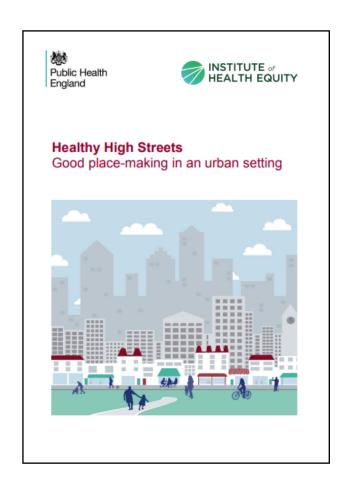
#### Our role

PHE exists to protect and improve the public's health and wellbeing and reduce health Preparing for, and Protection from inequalities. We do this through world-class responding to, infectious disease science, advocacy, partnerships, knowledge emergencies and intelligence, and the delivery of specialist public health services Protecting and Protection from improving environmental The global health hazards public's health NHS Improving health and Supporting wellbeing and the NHS reducing inequalities Supporting and developing the public health system



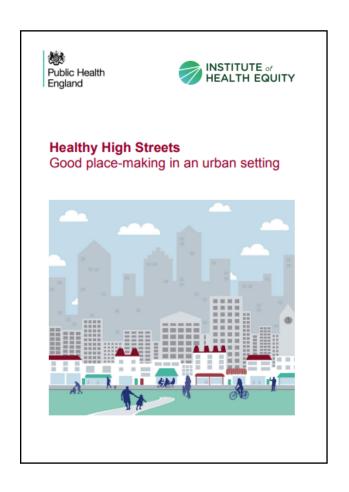
## Public Health Genesis of the Report

- Examines how the high street can be used as an asset to improve the physical and mental health of local communities and reduce health inequalities across local populations
- Searched and synthesised the most recent available evidence regarding aspects of the high street that have been shown to be health promoting and impact positively on physical and mental health.





## Healthy High Streets



- 1. Diversity in the retail offer
- 2. Green and blue infrastructure
- 3. Traffic calming
- 4. Street design and furniture
- 5. Crime prevention and safety

# Public Health Unhealthy High Streets Findland

High street	Inequalities	Direct impacts on health	Indirect impacts on health	
feature	mequanties	Direct impacts on health	marect impacts on nearth	
Lack of diversity in retail offer  Section 1.2A	Higher density of payday loan, alcohol, gambling and fast food outlets in areas of deprivation. Impacts on less mobile populations disproportionately.	Increased risk of obesity, diabetes, cardiovascular disease and certain cancers.  Higher levels of alcohol addiction and alcohol-related harm and an increased risk of depression, trauma, heart disease and stroke.	Increased likelihood of poor mental health, including depression, cognitive impairment and dementia linked to social isolation. Increased levels of stress and poor mental health associated with financial insecurity. Poor mental health of family members, associated with alcohol addiction and gambling addiction.	
Section 1.2A	disproportionatery.	increased risk of depression, traditia, freat disease and stroke.	or failing frienders, associated with accircle addiction and gamoling addiction.	
Lack of green infrastructure	Deprived inner-city areas have five times less good- quality green space and higher levels of pollution than other urban areas.	Increased vulnerability to heat island effects. Increased risk of cancer, childhood and adult asthma, heart disease and dementia. Lower levels of physical exercise leading to higher risk of obesity, diabetes and cardiovascular disease.	Poorer levels of social interaction, impacting on mental health.	
Section1.2B				
Noise and air pollution <sup>2</sup>	Areas of deprivation have a greater exposure to air pollution and noise than wealthier areas.	Noise pollution: increased stress hormones linked to cardiovascular disease, and increased blood pressure; impaired cognitive function in children; disrupted sleep. Air pollution: increased risk of cancer, childhood	Noise pollution: impaired quality of life leading to poor mental health, physical stress, physical inactivity and behavioural and psychological effects.  Air pollution: lower levels of physical exercise leading to higher risk of obesity,	
Section 1.2C & D		and adult asthma, heart disease and dementia; increased mortality and hospital admissions.	diabetes, cardiovascular disease and certain cancers.	
Litter and area degradation	Deprived areas experience poorer overall local environments including higher levels of graffiti, fly- tipped waste and litter, associated with low level	Poor mental health and stress-related illness from increased levels of antisocial behaviour, crime and fear of crime. Lower levels of physical activity linked to obesity, diabetes, cardiovascular disease and some	Poor mental health associated with increased risk of social isolation, including depression, cognitive impairment and dementia.	
Section 1.2E	crime and antisocial behaviour.	cancers.		
Road traffic collisions	Rates of fatal and serious injuries for 5–9 year olds are nine times higher than average in the 20%	Death and physical injury.	Poor mental health including post-traumatic stress disorder.	
Section 1.2F	most deprived areas. Cycling fatalities are higher in the 20% most deprived wards. Risk of injury varies depending on			
	employment status and ethnicity of parents, creating inequalities.			
Crime and fear of crime	Higher levels of crime are found in poorer areas and fear of crime in inner city areas. Greater fear of	Substantial and long-lasting physical injury and psychological distress.  Depression, anxiety and toxic stress associated with hypertension,	All-cause mortality, coronary health disease, pre-term birth, low birth weight and poorer health behaviours such as lower levels of physical activity	
Section 1.2G	crime is found in black and minority ethnic communities, young people, older people and women. Disproportionate victimisation is experienced by young black men, people with	cardiovascular disease, stroke, asthma, overweight and obesity. Increase in poor health behaviours linked to cancer, depressive disorders, heart disease, stroke and physical trauma.	mediated through psychosocial pathways.	
	disabilities, and LGBT people.			
Cluttered payements and	Older people, people with physical disabilities, people with reduced mobility and parents with	Increased risk of obesity related diseases including diabetes, cardiovascular disease and some cancers. Poor mental health including	Anxiety, depression and low self-esteem associated with childhood overweight and obesity linked to low levels of physical exercise.	
non-inclusive design	young children are affected the most by cluttered pavements and non-inclusive design reducing	loneliness, increasing the risk of depression, cognitive impairment and dementia, poor health behaviours, coronary heart disease and mortality.	and about a most of fart forting in programs character.	
Section 1.3	opportunities for physical exercise, social interaction and access to health promoting goods and services	Increased risk of trips and falls, and road traffic injury or mortality.		



## **Diversity on the High Street**



The Independent - Gillingham High Street, Kent



## **Diversity on the High Street**



HASSELL - Croydon South End High Street



# Inclusive High Street Design





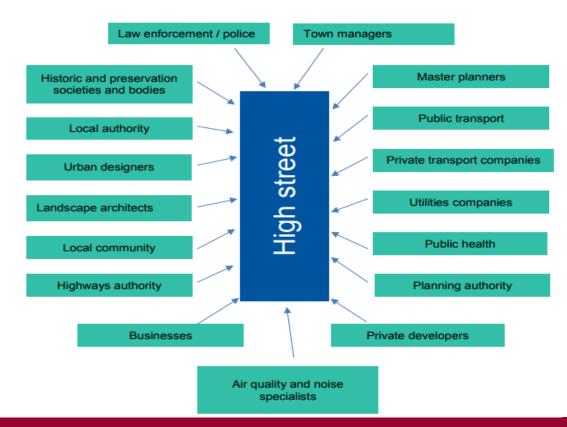
www.Designboom.com: Public Square at Bakers Arms before and after photo © jan kattein architects



## Healthy High Streets - Stakeholders

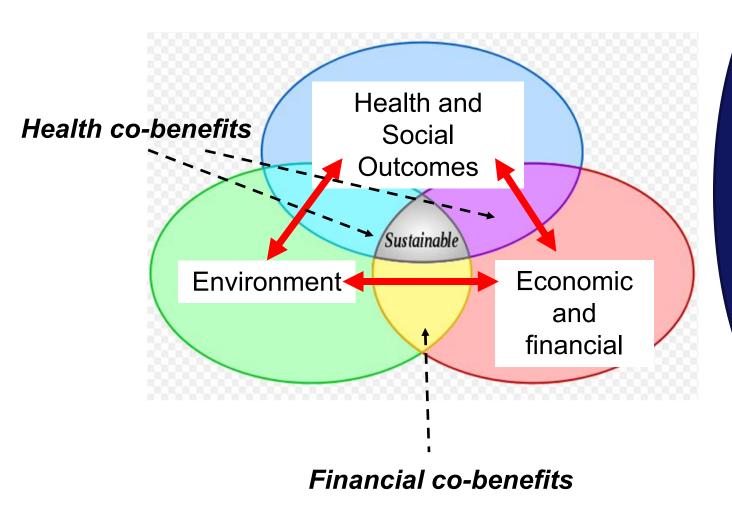
Figure 1. Diversity in high street design, development, management and use

Figure 1 shows the wide range of practitioners and users required to collectively influence the design, development, use and ongoing maintenance of high streets, to ensure they are reimagined into vibrant community spaces.



#### The Co-benefits opportunity — win-wins

Public Health England



Next to providing considerable health benefits. walking and cycling also play an important part as 'co-benefits' in reducing carbon dioxide emissions. conservation of land, air pollution, noise as well as traffic congestion, and savings on health and social care costs – which contributes to economic prosperity.



#### Public Health Outcomes

#### Built environment interventions

A diverse and healthy retail offer on the high street that is human scaled and provides interesting streetscapes and soundscapes

Green and blue infrastructure help to ensure cleaner air and lower perceived noise

Traffic calming provides a safe environment for walking, cycling and crossing roads.

Street design and furniture promote accessibility to protected groups, shade, shelter and rest.

Crime prevention and safety initiatives help peoplefeel safe

#### **Pathways**

Behavioural e.g. increased physical exercise, better social and civic engagement, improved diet

Psychosocial e.g. improved mental health and increased networks of support

Opportunities for social interaction

Access to services and community activities

Social connectedness and inclusion

Social cohesion

#### **HEALTH OUTCOMES**

Reduced obesity and overweight, diabetes cardio vascular disease, cancer, heart disease

Reduction in pollution related mortality rates

Improved child cognitive performance Reduced risk of dementia, cognitive decline/impairment

Lower incidence of trips, falls, road traffic fatalities and injury

Lower rates of crime related stress and injury

Reduced vulnerability to heat island effects, flooding and adverse weather

Improved mental health

Levels of addiction related harm and health outcomes

Levels of alcohol related violence crime



## Thank you

Healthy Places Team

For queries regarding the Healthy Places programme: healthypeople.healthyplaces@phe.gov.uk