

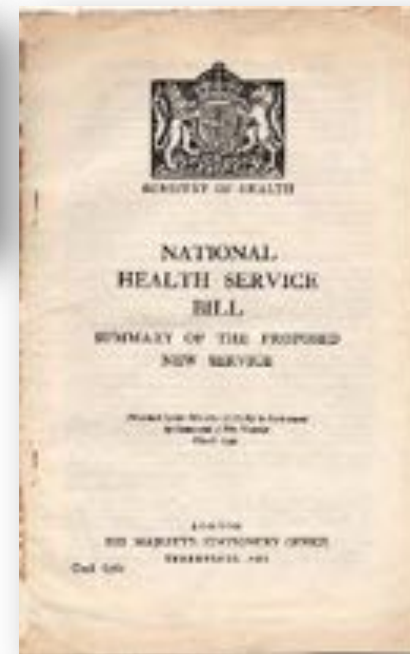
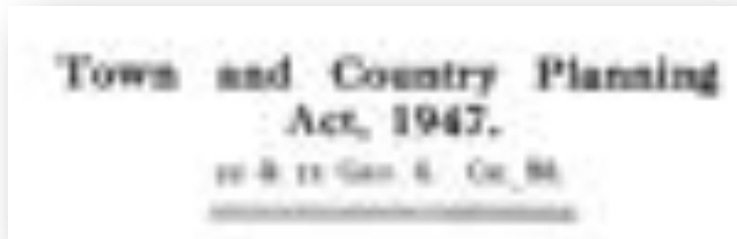
# Healthy New Towns Principles & Practice

Healthy City Design Conference – 15 October

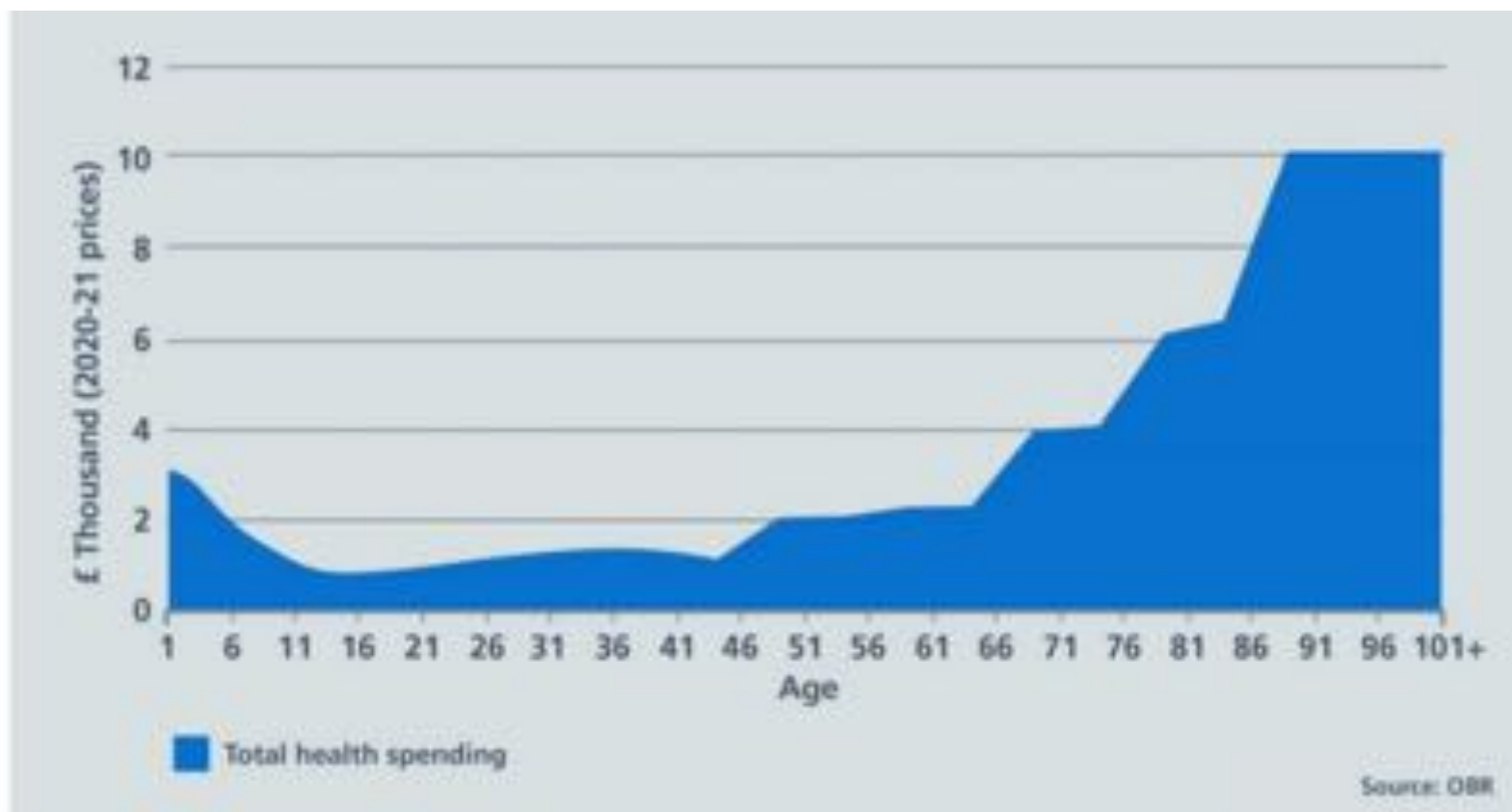
Danny McDonnell



# NHS Act & the Town and Country Planning Act– 1947 England

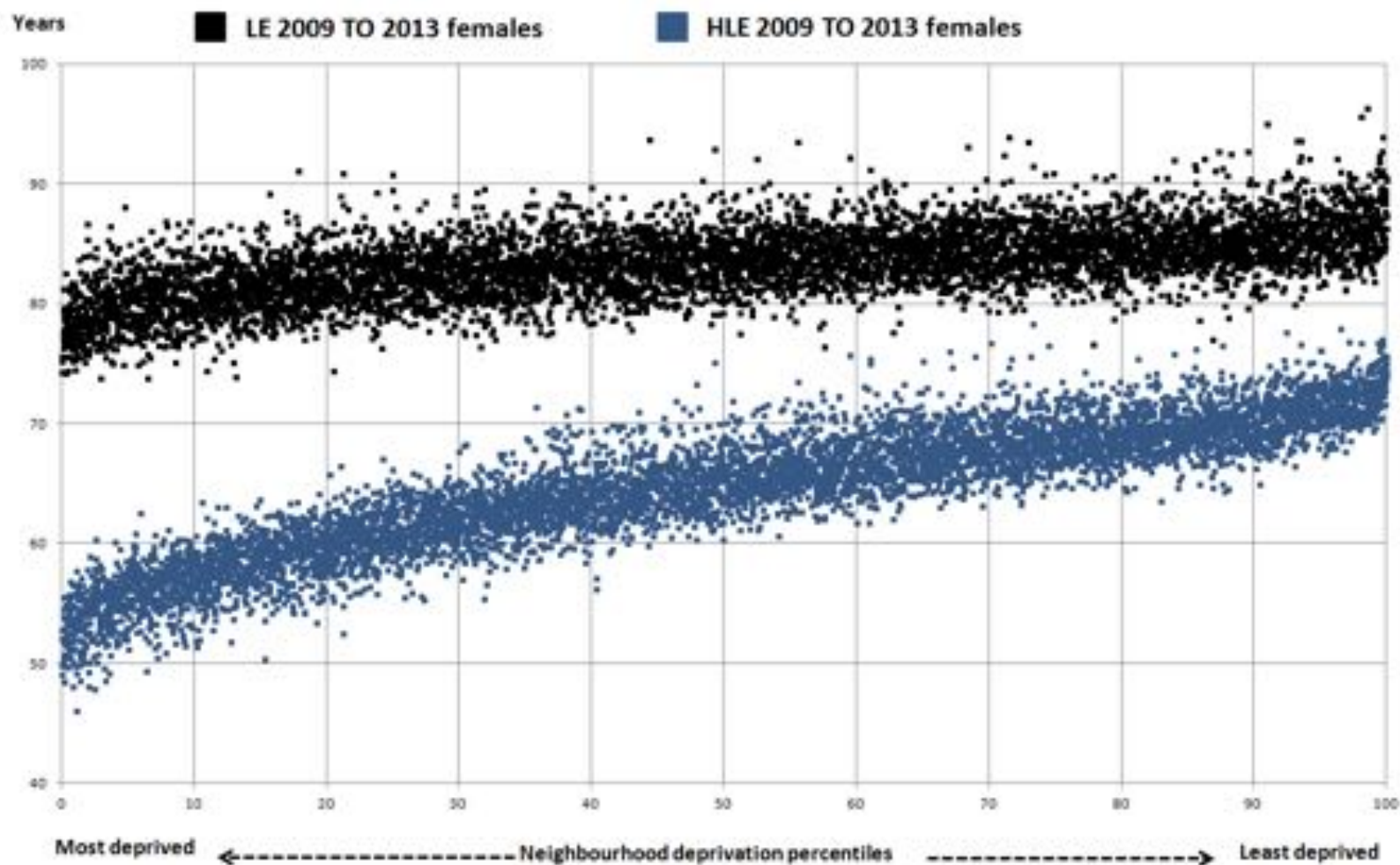


# Complex long-term conditions



*Source: OBR - Representative profile for age-related health spending*

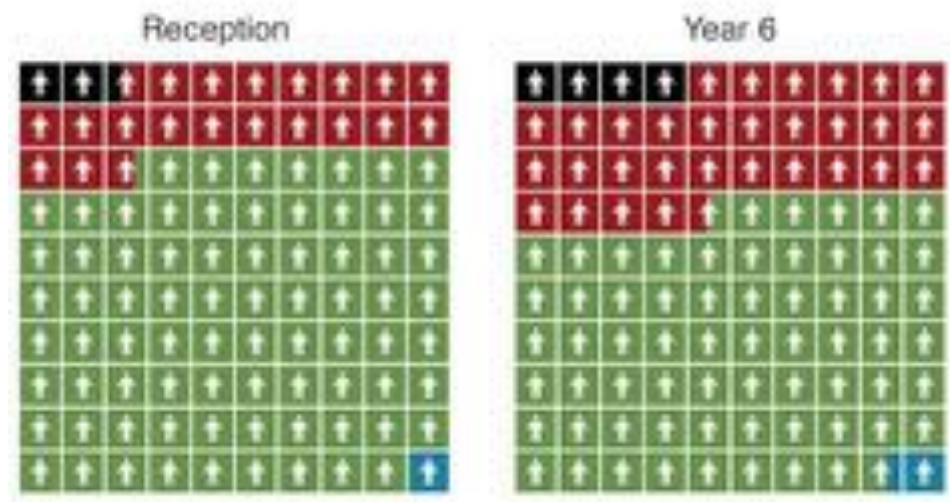
# Health inequalities and healthy life expectancies



# What's the problem?

## Severely obese children in England

 Severely obese 
  Overweight & obese 
  Healthy weight 
  Underweight



Source: Public Health England



- **Obesity** – Children are leaving primary school more obese
- **Physical inactivity** – responsible for 1 in 6 deaths
- **Social isolation** – lacking social connections is comparable to smoking 15 cigarettes a day.

**These and more are putting the population at significant risk of ill-health**

*Credit: Public Health England, 2018*

# Place & health – the evidence



Increasing neighbourhood  
walkability



Multi-tenants and community  
engagements



Increasing connectivity with safe  
and efficient infrastructure



improve Quality of housing



Provision of healthy, affordable  
food for the general population

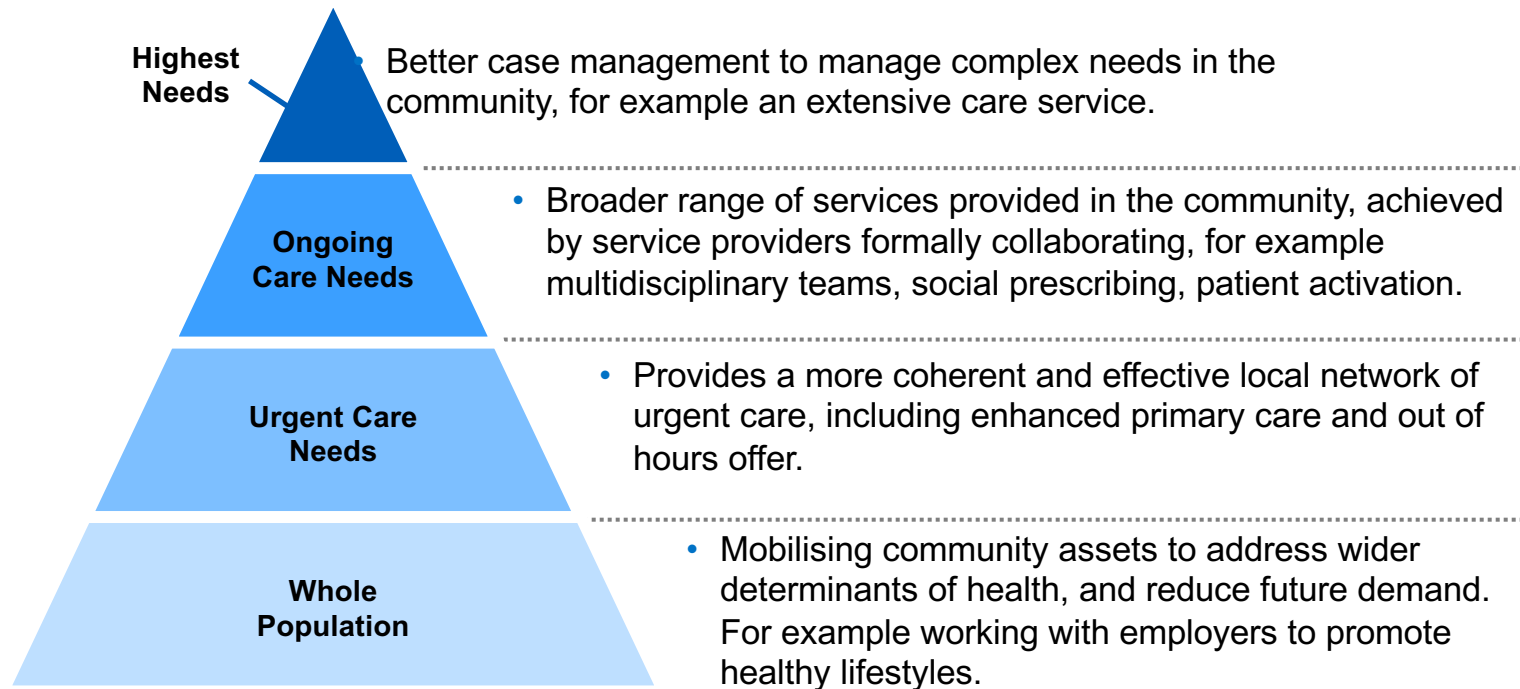


Access to and engagement with  
the natural environment

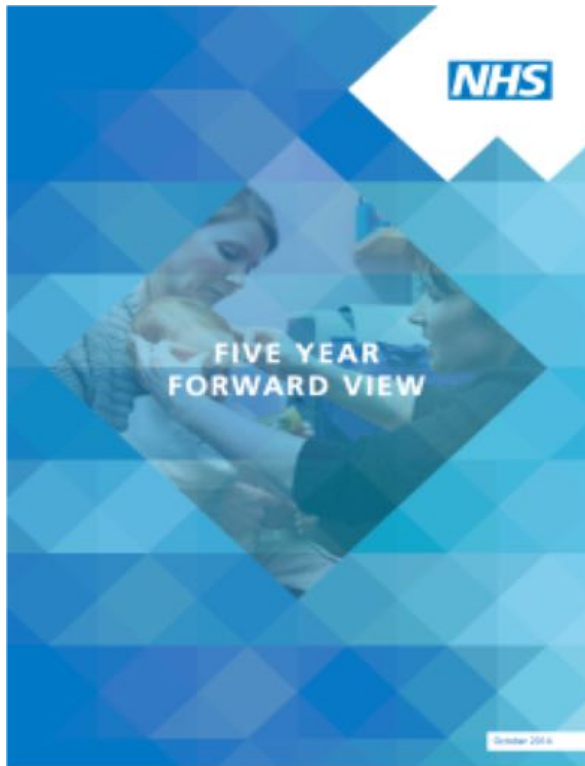


# Changing models of care...

**Integrated care means taking a whole populations approach, getting upstream to prevent illness and moderate deterioration**



## The Five Year Forward View sets out our ambition to build healthier places



*“New town developments and the refurbishment of some urban areas offers the opportunity to design modern services from scratch, with fewer legacy constraints - integrating not only health and social care, but also other public services such as welfare, education and affordable housing.”*

Five Year Forward View

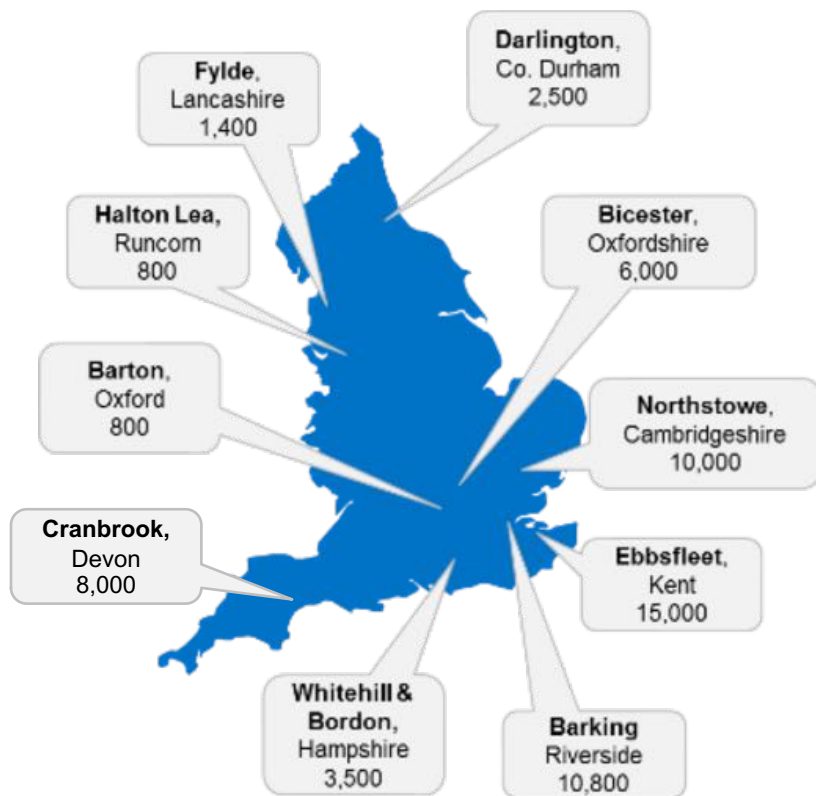
*“These areas would take a ‘first principles’ approach to **designing how health and wellbeing should be promoted, and how services should be delivered**, from rethinking the physical design of the infrastructure, to **embracing new technologies and encouraging the deep integration of health and care with supported housing and other public services.**”*

The Forward View into Action



# The Healthy New Towns Programme

- Promote health and wellbeing, prevent illness and keep people independent;
- Integration in delivery of health and care services
- Spread learning and good practice



- Different sizes, locations, **demographics and health needs**
- All formed **partnerships** & governance across local government, planning, public health, housing developers, health providers and commissioners
- **Capacity and resource** funding from NHS England
- **Locally led** and created plans involving context and communities
- **Delivery plans** being implemented
- Outputs that will form **case studies** for the HNTs guidance publication
- Launching a **Network of developers and housing associations**

# Putting Health into Place: Lessons from the Healthy New Towns programme



- The excellent work of our Demonstrator Sites will provide much of the content for the NHS Healthy New Towns publication
- [Putting Health into Place \(PHIP\)](#) - March 2019
- Take advantage of significant potential health benefits of healthier place making
- Bring together learning from across different disciplines - [built environment](#), [new care models](#), [community activation](#) and [economic analysis](#) – to facilitate creation of healthier communities



**TheKingsFund**>



Public Health  
England



# The Healthy New Towns Principles



# 1. Plan ahead collectively

**Building healthy populations through partnerships at the earliest stages of the development process and service planning**



## **Key Elements:**

- **The importance of cross-sector partnerships driven by strong leadership**
- **A vision of health and wellbeing outcomes for the new and existing communities**

## 2. Plan for integrated health services

**Planning health services that meets the changing needs of the population, and laying the foundation for high quality integrated care**



### **Key Elements:**

- **Developing a shared local vision for healthcare**
- **Using innovative approaches to contracting for integrated healthcare**



### 3. Involve, empower & connect people

**Creating new places in conjunction with new communities and providing governance and infrastructure to enable this**



#### **Key Elements:**

- **Early engagement of existing and future communities**
- **Community groups, events, builders and champions**



## 4. Create complete, compact neighbourhoods

**Building strong and connected communities as active agents in creating and managing a healthy neighbourhood**

Option 2



- Allocated sites (+extension areas) and vacant sites,
- Additional residential sites in green space,
- Delivery of Health and Wellbeing Campus resulting in 1ha of the existing hospital site released for residential,
- Additional retail/leisure space centred around a new town centre gateway,
- Re-purposing of NI multi-storey car-park,

### Legend

- |                                           |                               |
|-------------------------------------------|-------------------------------|
| Residential allocation                    | Health and wellbeing          |
| Hospital site to be released              | Community garden              |
| Proposed health campus                    | Play space / open space       |
| Proposed medical site                     | Open water space / flood area |
| Proposed retail/leisure                   | Town / public square          |
| Proposed water                            | Footways                      |
| Public roads / infrastructure improvement | Bike way                      |
| Rail stations / cycle movement            | Ecology improvement area      |
| National cycle route (NCR)                | High waterways                |
| Health hub                                | Green park                    |



### Key Elements:

- **Master planning/urban design density and layout**
- **Buildings, infrastructure and services that can adapt over time**

## 5. Maximise active travel

Making walking, cycling and public transport the first choice for getting around



### Key Elements:

- Transport planning
- Infrastructure for walking, cycling and public transport



## 6. Make healthy eating easy

Taking a whole system approach to supporting the production and consumption of food – for health, wellbeing and the environment

### Key Elements:

- Learning about healthy eating and cooking
- Access to healthy ingredients and growing opportunities



# 7. Foster health in buildings

## Designing buildings and running institutions to support user's health

### Key Elements:

- Accessible and lifetime homes
- Workplaces and employers
- Schools and learning environments

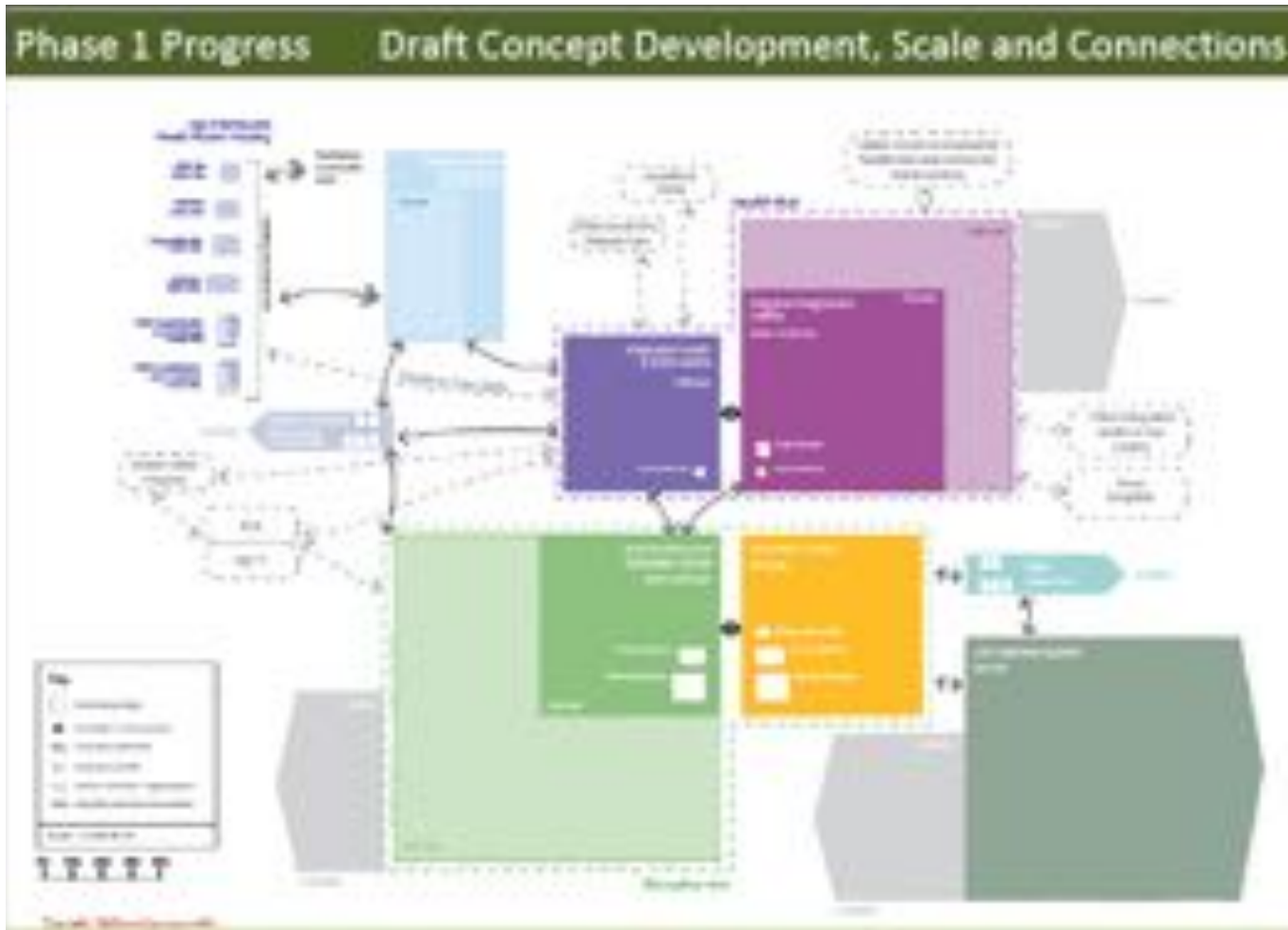


## 8. Enable healthy play and leisure

Creating places where people of all ages play, take part in sport and have fun

### Key Elements:

- Space for formal and informal sports and play
- Spaces for children's play
- Community identity and belonging





# 9. Use new models of care to help people stay well

Ensuring that health services are able to stay well, particular those with existing conditions



## Key Elements:

- Strengthening of GP and out-of-hospital services
- Expanded roles for community pharmacy services
- Prevention and early intervention



# 10. Create health centres that work for everyone

Creating health centres that support integrated working, making best use of existing NHS estates and other assets



## Key Elements:

- Creating integrated health hubs
- Securing developer contributions for new health centres
- Commercial models for NHS Land



# Government policy opportunities

## Upcoming opportunities...

- DHSC: Prevention vision document
- MHCLG: Revision of National Planning Policy Guidance
- BEIS/all: Industrial strategy – ageing grand challenge
- NHS England: long term plan

## Previous influence...

- Housing white paper
- Garden communities
- NPPF revision



# Garden Communities – Call for Applications

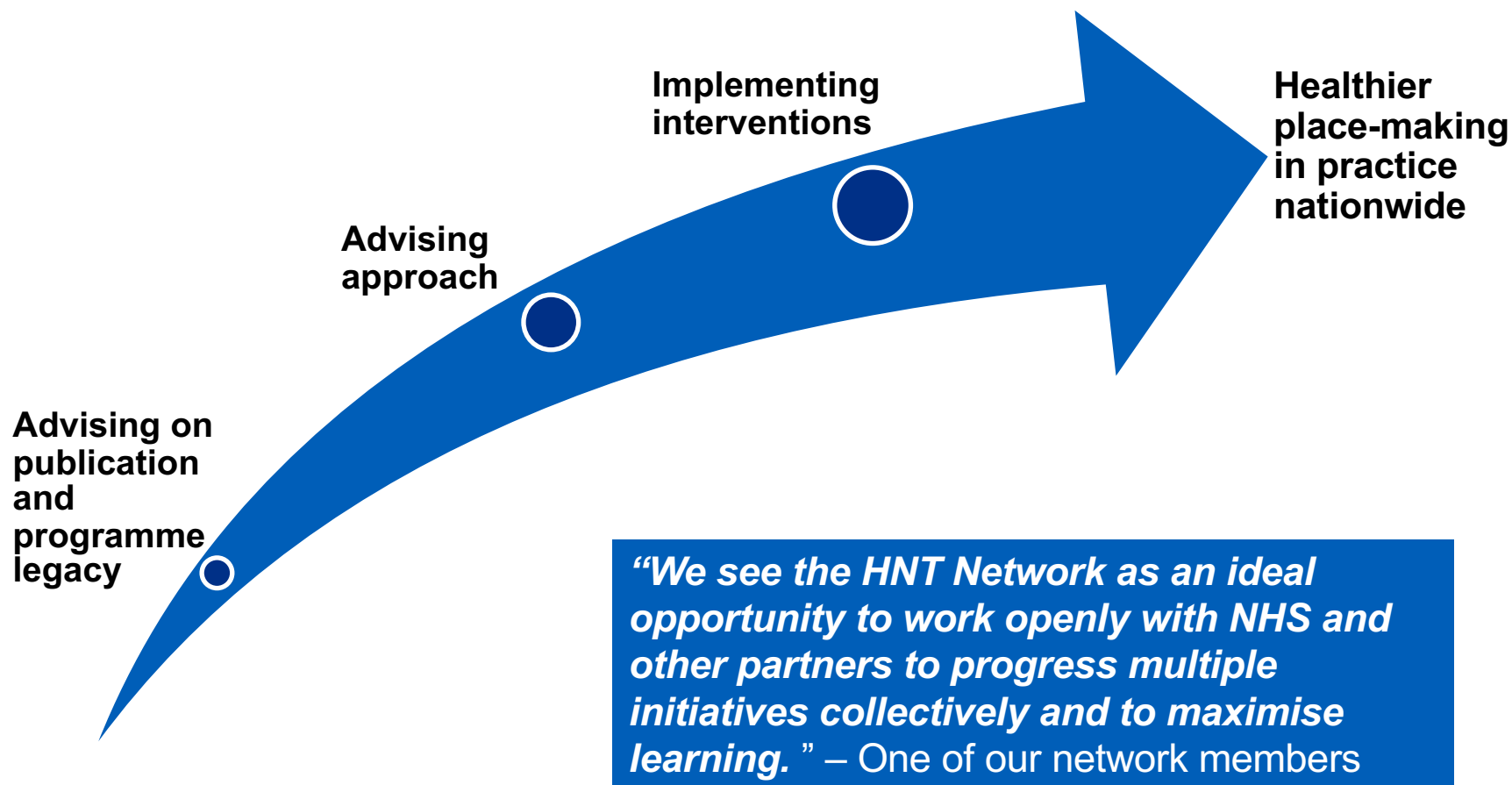
## Key quality and assessment criteria:

**“Healthy places** – designed to provide the choices and chances for all to live a healthy life, through taking a whole systems approach to key local health & wellbeing priorities and strategies”

**Deadline for applications is 9 November 2018.**

# The Healthy New Towns Network

Cross section of 12 developers and housing associations from across England.





**CLARION**  
HOUSING GROUP

[ Happiness  
Architecture  
Beauty

**HAB**



Public Health  
England

**NHS**  
England



**REDROW**

**a2dominion**



**PEABODY**

Urban&Civic



**British  
Land**



urban catalyst

**THAKEHAM**



**Riverside**

[www.england.nhs.uk](http://www.england.nhs.uk)



**hanover**

# Principles to practice

Implementation at scale is our challenge...

- Identify and capitalise on local leadership
- Establish a shared vision and goals between partners
- Establish good governance and decision making
- Keep in mind and involve communities at every step
- Learn, adapt and collect data
- Establish positive models of long-term stewardship



# Plan ahead... collectively



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**#HealthyNewTowns**

