

Appendix C.1: Health Guidance and Checklists

Appendix 8-1 – Health Guidance and Checklists

Healthy Urban Planning Checklist (3rd Edition) (Health Urban Development Unit (2017))

- 1.1.1 The checklist aims to promote healthy urban planning by ensuring that the health and wellbeing implications of local plans and major planning applications are consistently taken into account. Although it was created for London it has many principles that are applicable to any development, particularly where it is residential-led.
- 1.1.2 The checklist is divided into four themes (see **Table 1**). Each theme contains a number of questions focussed on a planning issue. The themes are:
- Obesity and diseases related to physical inactivity and poor diet;
 - Excess winter deaths;
 - Air and noise pollution; and
 - Road safety.

Table 1 Health Urban Planning Checklist (3rd Edition) (2017)

Theme	Planning Issue	Health and Wellbeing Issue
Healthy Housing	▪ Housing design ▪ Accessible housing ▪ Healthy living ▪ Housing mix and affordability	▪ Lack of living space – overcrowding ▪ Unhealthy living environment – daylight, ventilation, noise ▪ Excess deaths due to cold / overheating; ▪ Injuries in the home ▪ Mental illness from social isolation and fear of crime
Active Travel	▪ Promoting walking and cycling ▪ Safety ▪ Connectivity ▪ Minimising car use	▪ Physical inactivity, cardiovascular disease and obesity ▪ Road and traffic injuries ▪ Mental illness from social isolation ▪ Noise and air pollution from traffic
Healthy Environment	▪ Construction ▪ Air quality ▪ Noise ▪ Contaminated land ▪ Open space ▪ Play space ▪ Biodiversity ▪ Local food growing ▪ Flood risk ▪ Overheating.	▪ Disturbance and stress caused by construction activity ▪ Poor air quality - lung and heart disease ▪ Disturbance from noisy activities and uses ▪ Health risks from toxicity of contaminated land ▪ Physical inactivity, cardiovascular disease and obesity ▪ Mental health benefits from access to nature and green space and water ▪ Opportunities for food growing – active lifestyles, healthy diet and tackling food poverty ▪ Excess summer deaths due to overheating
Vibrant Neighbourhoods	▪ Healthcare services ▪ Education ▪ Access to social infrastructure ▪ Local employment and healthy workplaces ▪ Access to local food	▪ Access to services and health inequalities ▪ Mental illness and poor self-esteem associated with unemployment and poverty ▪ Limited access to healthy food linked to obesity and related diseases ▪ Poor environment leading to physical inactivity ▪ Ill health exacerbated through isolation, lack of social contact and fear of crime

	shops ▪ Public buildings and spaces.	
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The Marmot Review (2010)

1.1.3 Fair Society, Healthy Lives: A Strategic Review of Health Inequalities in England Post-2010 was published on 11 February 2010 (The Marmot Review)¹. This was the culmination of a yearlong independent review into health inequalities in England. Six policy objectives were developed:

- 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; and
- Strengthen the role and impact of ill health prevention.

1.1.4 The Marmot Review reported on a substantial body of evidence on the influence the built environment has on the determinants of health. According to the Commission on the Social Determinants of Health, “*Where people live affects their health and chances of leading flourishing lives. Communities and neighbourhoods that ensure access to basic goods, that are socially cohesive, that are designed to promote good physical and psychological wellbeing and that are protective of the natural environment are essential*”.

1.1.5 In turn, the manner in which settlements are planned and designed contributes significantly to the health of the people who live in them. Bad planning and design results in poor health outcomes; conversely, good planning and design can be positively health-enhancing.

Steps to Health Planning: Proposals for Action (2011)

1.1.6 This guidance document prepared by Michael Marmot as part of the Spatial Planning and Health Group (SPAHG) sets out 10 principal issues that show the influence of spatial planning on physical and mental health. The report includes a checklist of these 10 principals that should be used in scoping to identify the potential health impacts of a proposal. These principals include:

- Mix of land use;
- Street layout and connectivity and active travel;
- Access to public and other services;
- Safety and security;

¹ Strategic Review of Health Inequalities in England post-2010 (the Marmot Review), Task Group 4: The Built Environment and Health Inequalities

- Open space and green space;
- Affordable and energy efficient housing;
- Food access;
- Air quality and noise; and
- Access to employment.