



Neighbourhood Planning Health and Wellbeing

The link between planning and health has been long established and the built and natural environments are major determinants of health and wellbeing. A Neighbourhood Development Plan (NDP) therefore provides a unique opportunity to influence the health and wellbeing of the residents in your neighbourhood. Government guidance on the role of health and wellbeing in planning can be found [here](#).

Key areas include: housing; food environment; opportunities for physical activity and active travel; and access to green environments and communal spaces.

The Cornwall Local Plan

The [Cornwall Local Plan](#) contains a policy (Policy 16) directly relating to spatial planning as a measure for improving health outcomes and preventing ill health. This policy makes provision for the health and wellbeing of Cornish residents through protection from unhealthy, polluted environments, maximising the opportunity for physical activity, encouraging active travel networks and encouraging provision for growing local food.

Sources of Information and Data

Including a health profile of your community in your NDP will help you to identify health and wellbeing challenges that are particular to your area.

[Community Network Health Profiles](#) allow you to access a range of summary information about health and wellbeing issues in your local area including overweight and obesity in adults and children, life and healthy life expectancy, Multiple Index of Deprivation, Levels of Fuel Poverty, and number of over 65's living alone etc. These are produced at Community Network Area scale, data at a Neighbourhood Area level is available upon request.

[National General Practice Profiles](#) provide data on the number of people with caring responsibilities; the number of people living with long term conditions; practice area demographics; local health service provision and the number of people accessing services.

Community Profiles

[Community profile reports](#) show key social and economic indicators and allow you to compare the area selected to comparator areas. They are useful for understanding the wider determinants of health in your area.

Taking Action on Health and Wellbeing in your NDP

Housing- The home is the primary 'health' setting for most people and there are physical and mental health risks associated with living in a cold, damp home that does not meet the household's needs and/or does not provide a sense of security. Homes should be of an appropriate size, have sufficient storage facilities for bikes and encourage active travel, have good size gardens, have access to multi-purpose spaces for all ages, ensure energy efficiency with ventilation and be adaptable to meet the needs of people across the lifecycle. For more information see the [2017 Director of Public Health Annual Report](#).

The food environment- The NDP is an opportunity to influence the food environment by making healthy food more accessible and available, and restricting unhealthy food through class A5 regulation. The provision of allotments could be considered within the NDP.



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Social isolation and communal spaces - Roughly 35-40% of adults over 65 live alone in Cornwall. Consideration should be given to how the NDP can help to address social isolation through the provision of social infrastructure and spaces that create opportunities for social interactions and encourage active behaviour. Improving neighbourhood walkability and access to recreational and non-recreational designations (such as shops and amenities) can impact positively upon social interaction among older adults.

Active travel- Switching more journeys to active travel will improve health, quality of life and the environment. Transport systems and the wider built environment play a crucial role by either promoting or hindering physical activity. The [Active People Survey](#) demonstrates that people who cycle are more likely to meet the physical activity guidelines. Consider the following within your plan to make active travel more likely:

- Improve street connectivity and encourage compact residential design to make neighbourhoods more walkable. Mixed use developments with services and social amenities can increase activity levels among children, adolescents and older adults.
- Traffic calming, speed control in new development and protected cycleways can enhance connectivity and provide safe, efficient infrastructure.
- Promote green infrastructure (a network of multi-functional green space, both new and existing, both rural and urban, which supports the natural and ecological processes and is integral to the health and quality of life of sustainable communities).

Access to green and natural environments- Access to green and natural environments is important for health and wellbeing, and is associated with numerous positive health outcomes, including:

- Improved physical health, with a reduced risk of chronic conditions including childhood obesity and cardiovascular disease.
- Improved mental health from participation in physical activity in a natural setting.
- The average life span is increased where there is more green space close to elderly people's homes.
- Reduced health inequalities.

NDPs can influence green infrastructure by designating Local Greenspaces to protect from development and encouraging permissive paths.

Local service provision- Planning permissions and spatial design can have an impact on access to and provision of health and wellbeing services. When drafting a plan, consideration should be given to ensuring appropriate access to infrastructure and services such as health services. Another opportunity is to explore new ways to provide local health facilities, for example, through the shared use of community buildings and improving access to such health facilities. It is important to remember that there are limits to the influence NDPs can have over health facilities such as GP Surgeries, as they are run privately.