Putting Health into Place: Learning from the Healthy New Towns Programme

Danny McDonnell

20 March 2019

Cranbrook Learning Healthy New Towns Learning Symposium
Historical links between health and place
Complex long-term conditions

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

www.england.nhs.uk
Health inequalities and healthy life expectancies

Credit: ONS
Policy background

• The *NHS Five Year Forward View* states that “New town developments and the refurbishment of some urban areas offers the opportunity to design modern services from scratch, with fewer legacy constraints”

• The more recent *NHS Long Term Plan* also recognises the role that the NHS can play in shaping local communities and how design quality and development can impact on population health
Place & health – the evidence

- Enhance Neighbourhood Walkability
- Build Complete and Compact Neighbourhoods
- Enhance 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

Credit: Public Health England
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

Cranbrook, Devon
8,000

Barking Riverside
10,800

Darlington, Co. Durham
2,500

Ebbsfleet, Kent
15,000

Northstowe, Cambridgeshire
10,000

Bicester, Oxfordshire
6,000

Halton Lea, Runcorn
800

Barton, Oxford
800

Fylde, Lancashire
1,400

Whitehill & Bordon, Hampshire
3,500

www.england.nhs.uk
Putting Health into Place: Series of publications
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) - Spring 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

www.england.nhs.uk
# Putting Health into Place Publications

<table>
<thead>
<tr>
<th>Publication</th>
<th>Key message</th>
<th>Section/Principle</th>
</tr>
</thead>
</table>
| **Call to Action** | Healthy place-making must be prioritised, the case for change is clear, the HNTs programme has clear actionable solutions | Introduction  
Lessons learned  
What’s next?  
The Healthy New Towns programme |
| **Plan** | **Plan:** Embed system collaboration, governance and leadership across health, development and planning  
**Assess:** Identify needs and priorities, develop interventions  
**Involve:** Establish community involvement throughout process, design and delivery | 1 Plan ahead collectively  
2 Assess local health needs  
3 Connect, involve and empower people and communities |
| **Design** | Put health at the heart of the design, delivery and management of places | 4 Create compact neighbourhoods  
5 Maximise active travel  
6 Inspire and enable healthy eating  
7 Foster health in homes and buildings  
8 Enable healthy play and leisure |
| **Provide** | Health and care services and infrastructure fit for the future that encourage collaboration across organisational boundaries and put patients' health and wellbeing first | 9 Develop health services that help people to stay well  
10 Create integrated health and wellbeing centres |
Putting Health into Place:
PLAN

Publication 1
1. Plan ahead collectively

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

DARLINGTON HEALTHY NEW TOWN - DESIGN PRINCIPLES

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

www.england.nhs.uk
2. Assess health and care needs and assets

Understanding local health and care needs and mapping assets enables quality in planning and design to meet future needs.

Key Elements:

- Assessing local health and care needs and assets
- Developing shared goals for health
- Set clear actions and lay the foundations for evaluation
3. Involve, empower & connect people and communities

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
Putting Health into Place: DESIGN
4. Create complete, compact neighbourhoods

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

Option 2

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
Putting Health into Place:

PROVIDE

Publication 1
9. Develop services 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
What else?

In 2019 we plan to launch the following:

• **Learning and implementation events:** In areas of housing growth we will be running learning and implementation events to bring local stakeholders together to lead thinking on how to embed principles in practice, locally.

• **Healthy New Towns Network:** 12 housing associations and developers who we’re working with to spread learning and best practice.

• **Healthy New Towns Quality Mark:** We are also working with colleagues in the built environment sector to produce a Healthy New Towns Quality Mark – building on the work of our sites and our principles for new developments that meet high standards in promoting health and wellbeing.
Plan, Assess and Involve…
Danny McDonnell – Strategy Manager

danielmcdonnell@nhs.net

0771 015 2356

#HealthyNewTowns