Health, ageing and the built environment: Influencing local policy and service delivery

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What is the ‘WHO Collaborating Centre for Healthy Urban Environments’?

- Designated by the WHO
- Supports the European Healthy Cities Network
- ...in particular the Healthy Urban Environments sub-network
- Also a research centre in the Department of Planning and Architecture...
- ...in the Faculty of Environment and Technology at UWE.
‘HEALTH’...

...is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

as defined in the Constitution of the World Health Organization 1946;
What do we do?

- Research into aspects of the built environment and its impacts on health
- Teaching - under / post grad
- CPD and specific structured training
- Outreach through seminars and events
- Study tours
- Consultancy
- + Listen to users needs...
Routes to influence

- Identifying new policy directions and supporting theory into practice
- Collaboration
- Education
- Dissemination and communication through events and publications
Case studies: what we have done...

1. Education and training
2. Conferences, workshops and seminars
3. Collaborative projects
4. Written outputs – reports and evidence
5. Website
6. Healthy cities network
Education and training

- Degree students
- Individual topics / CPD
- Higher education projects and networks
Teaching the future professionals

- first year undergraduate module called ‘healthy sustainable communities’
- Health professional in residence in the architecture studio – pilot project
- Health woven in to other built environment subjects supported by the WHO CC
Learning sets and online learning topics on health and planning

- ‘Bite-size’ topics to increase understanding about planning
- Flexible online delivery
- Broad range of topics (over 60 available)
- Including specific health-related topics
- Learning sets have been developed to share learning (e.g. North Somerset NHS)
Education Network for Healthier Settlements

...promoting the integration of health issues into the teaching and learning of built environment professionals in higher education.
Educating for Healthy Settlements conference, March 2010
Workforce development

- Surveys of planners knowledge of health – linked to new training provision and new roles
- European Healthy Cities training needs analysis
- Atlantis EU / US PLAN-ED project
Conferences, workshops and seminars

- Always aiming to bring together a cross-disciplinary audience from practice and academia
Regional HIA Workshops

... and database
... and HIA tools and support
Healthy Communities Research Forum

- linking health with sustainable development –

Recent themes:
• Double trouble
• Building capacity
• Demonstrating the value
Collaborative projects and consultancy

- Research
- Local initiatives
Freiburg Study Tours
Healthy urban planning review

- Rapid review of policy
- Interviews with planning and public health staff, members and directors
- Review sought to establish:
  - individuals’ understanding
  - Degree of integration
  - Priority for health
- Recommendation report
Spectrum workshops (HIA)

• Process designed to support HIA development
• Simple way to assess plans and proposals against key health criteria
• Workshops carried out with a variety of clients
Placements

• PCT collaboration – expertise in the planning dept
• NHS trainees in the University working in the Collaborating Centre
Written outputs – reports and evidence

Different forms of written output

- Academic papers
- But also briefings
- Short papers
- Case studies
- Event reports
Publications

- Briefing guide for built environment higher education

Bringing Public Health into Built Environment Education

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Introduction

This guide is aimed at all built environment educators, showing what the key issues are in terms of improving health understanding in the built environment professions. It will explain the relevance, show how the built environment impacts on health and its implications for education and provide examples of good practice in teaching.

By making these connections, graduates should be emerging into the workplace with a good understanding of the health impacts of their professional work and be equipped with techniques and examples to help them deliver healthier places in the future.

The guide draws on the work of the Education Network for Healthier Settlements, a group of built environment educators from the UK and beyond who are developing ways to reconnect health and the built environment in the professions.

Why is public health a built environment issue?

*Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*

...as defined in the Constitution of the World Health Organization, 1946

In poorly planned settlements lacking adequate infrastructure, infectious diseases can thrive, but in higher income countries at least, good city planning, well-designed housing and urban civil engineering have seen an end to cholera, dysentery and tuberculosis as a constant background to urban life. Here, the focus has now shifted to the financial and human cost of the so-called non-communicable diseases such as asthma, type 2 diabetes, obesity, cardio-vascular disease, strokes, some cancers and mental health issues. These are on the increase and their rise has been associated with urban environments and urban lifestyles. At a global scale, aspects of these same lifestyles are damaging the ability of the planet to support health: climate instability and species extinction give witness to this fact.

And it is not just absolute health that is the concern, research shows that urban environments often exacerbate health inequalities. People with the poorest health prognosis...
Spatial planning for health: programme of evidence review work

- Review 1: the effectiveness and cost effectiveness of health appraisal processes currently in use to address health and wellbeing during project appraisal
- Review 2: the effectiveness and cost effectiveness of health appraisal processes currently in use to address health and wellbeing during plan appraisal
- Review 3: identifying barriers and facilitators to the integration of health into planning
- Review 4: health-related spatial planning indicators and design guidance
- Review 5/6: integrating health into the planning process
- Review 7: the cost-effectiveness of integrating health into the planning process
- Study of the local spatial planning process and health
- The Marmot review: implications for spatial planning
Book

- RTPI award winning book
- Neighbourhood design with health at its core
Website

- Resources from projects
- Other evidence and links
- Easily accessible
The WHO Collaborating Centre for Healthy Urban Environments

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*World Health Organisation, 1946*

Welcome to the WHO Collaborating Centre for Healthy Urban Environments.

The Collaborating Centre promotes healthy and sustainable settlements through research, teaching, consultancy, knowledge exchange and publications.

We work closely with municipalities, planning consultancies and health authorities in the UK as well as with the wider WHO European Healthy Cities network.

The Centre is recognised as a leader in the emerging field of healthy urban planning.

We are striving to support a wide range of people, communities and organisations who also want to create healthier places. You will find a range of information on this website and resources for you to download and use. Please let us have feedback on these if there is something you need but can't find or if you want further information about our work.

**Explanations, tools and resources:**

- What is a healthy urban environment?
- **Why** are they important?
- **How** can we build them?
The health map

- Creative commons licence available to all
Supporting the WHO European Healthy Cities Network

- Annual meeting
- Reports
- Expert advice
WHO European Healthy cities network
ULTIMATE AIMS...

.....*Healthy sustainable communities*.....

with

- healthy... town planners, urban designers, architects, landscape and transport professionals...
- working together with health professionals to achieve the healthy communities of the future

through:

- Robust mechanisms for fast tracking research into policy, practice and education
- Developing capacity in the workplace
- Changes in core curricula and new approaches to education
- New research initiatives
Final thoughts

- Education - at all levels
- Collaboration
- Accessible data and findings - different formats
- Networks and contacts
- Opportunities to provide a service
- Creative engagement
- 2-way process so that everyone gains
Thank you!

For more information:
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