



Public Health  
England

ESRC Seminar

# Spatial planning for health:

An evidence resource for planning and  
designing healthier places

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# Healthy Places Our Approach

## Provide system leadership and ensure high levels of engagement

with local authorities, other agencies, professional bodies and national and international stakeholders

Specialist advice, support and influence on e.g. health inequalities, planning, transport, housing and homelessness

**Build capacity** and give confidence to local teams by providing tools and resources and inter-professional learning opportunities working with Learning for PH, other agencies, the VCS and professional bodies. Support asset based approaches.

System  
Leadership /  
Advocacy

Building  
Networks &  
Partnerships

Skills &  
Capacity  
Building

Evidence

**Support networks** from a wide range of national and local stakeholders to promote effective practice; co produce solutions and share, knowledge resources and products

Support development of, access to and translation of the **evidence base** working at the interface between academia, policy and practice. Promote social marketing



# Methodology

- Umbrella review of other systematic evidence reviews
- Complimented by hand-picked evidence and empirical studies
- Concentrated on 5 key themes:
  - Neighbourhood Design
  - Housing
  - Healthy Food
  - Natural and Sustainable Environment
  - Transport
- UK centric case-studies



# Structure of the Diagrams



## Healthier Foods

### Quality of Evidence:

- ^ Improved
- v Reduced
- High Quality
- Medium Quality
- Low Quality

### NR (Not reported):

Methodological quality of the original research is unclear and should be treated with caution

### Association between health impact and health outcome not obtained as part of the umbrella review.

Greyed Out Text

### Best Available Evidence:

\* In some cases, one piece of review-level evidence reporting on the same health impacts and/or outcomes was identified as part of this umbrella review. In such instances this table highlights findings of the review(s) which represent the best available evidence of methodological quality.

### Population Groups:

- General Population
- Older Adults
- Children & Adolescents

**Disclaimer:**  
This report has been produced as part of a wider evidence synthesis developed by Public Health England and developed by the University of the West of England. Please see the document Spatial planning for health: an evidence resource for planning and designing healthier places for further information.



methodological quality is unclear, therefore conclusions should be treated with caution



Text in grey box: Association between a health impact and health outcome not obtained as part of the evidence review



Relevance for specific population groups, if any



## Neighbourhood Design

### Quality of Evidence:

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- ▼ Reduced
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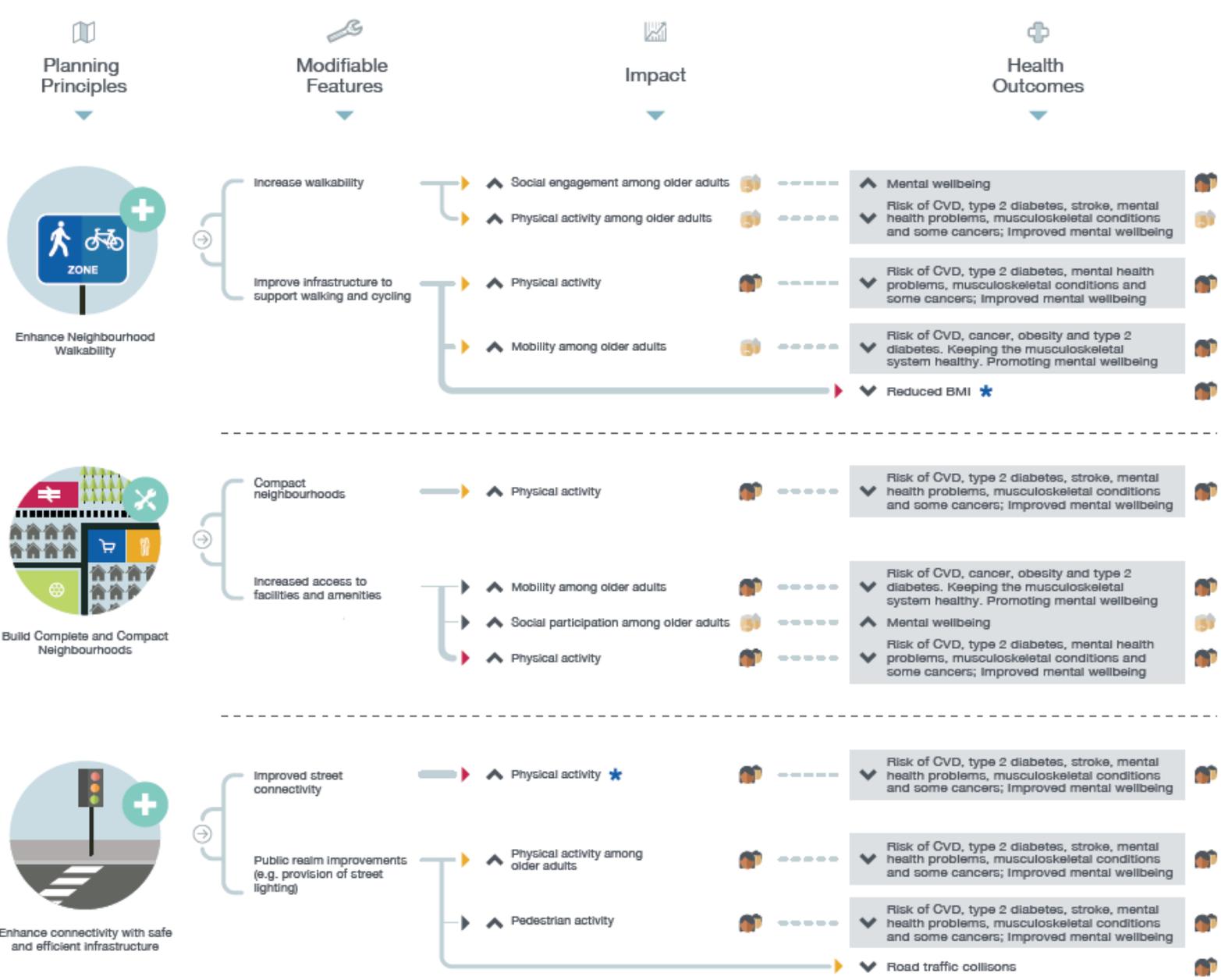
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# Housing

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### Planning Principles

### Modifiable Features

### Impact

### Health Outcomes



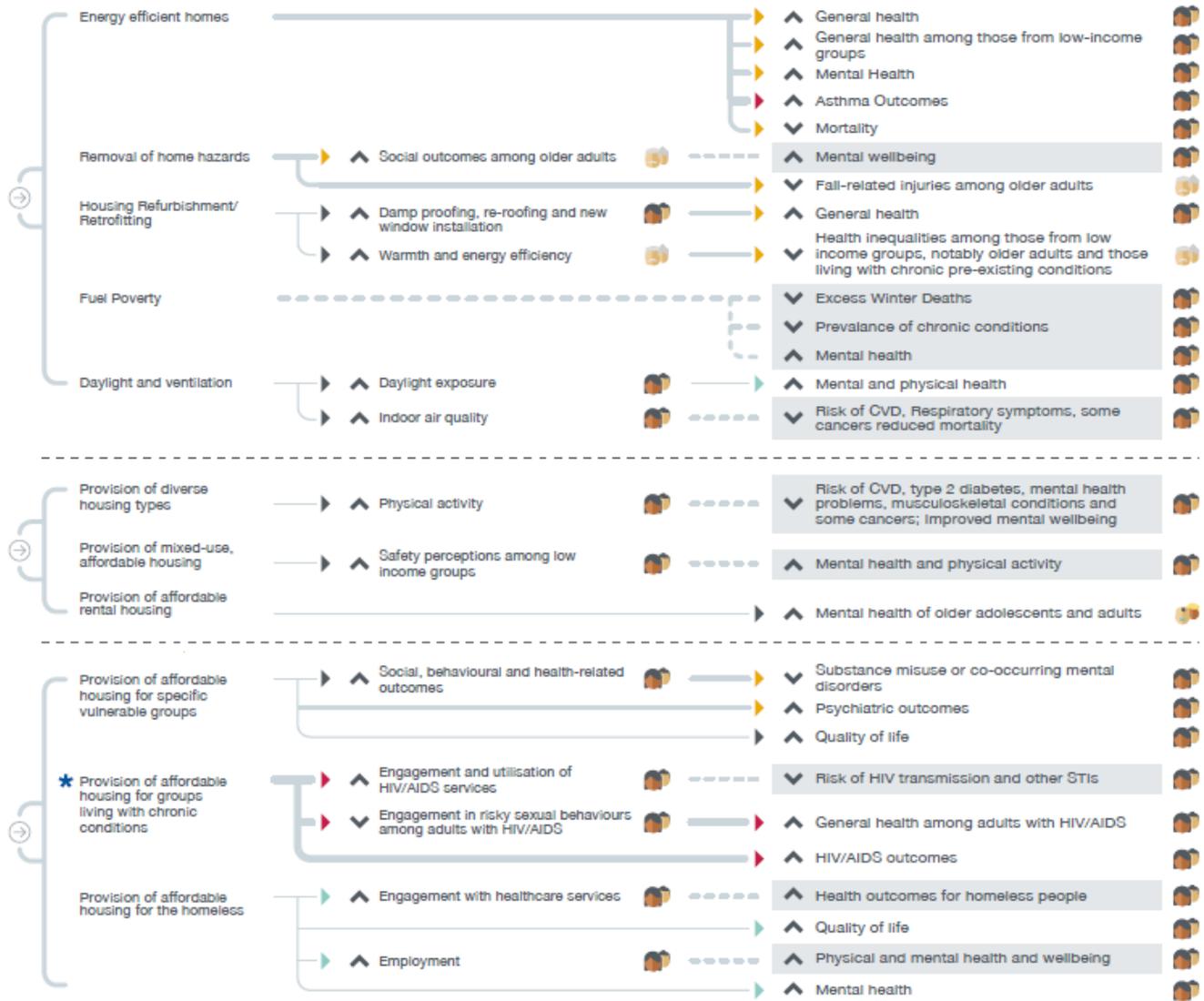
Improve Quality of Housing



Increase Provision of Affordable and Diverse Housing



Increase Provision of Affordable Housing for Groups with Specific Needs





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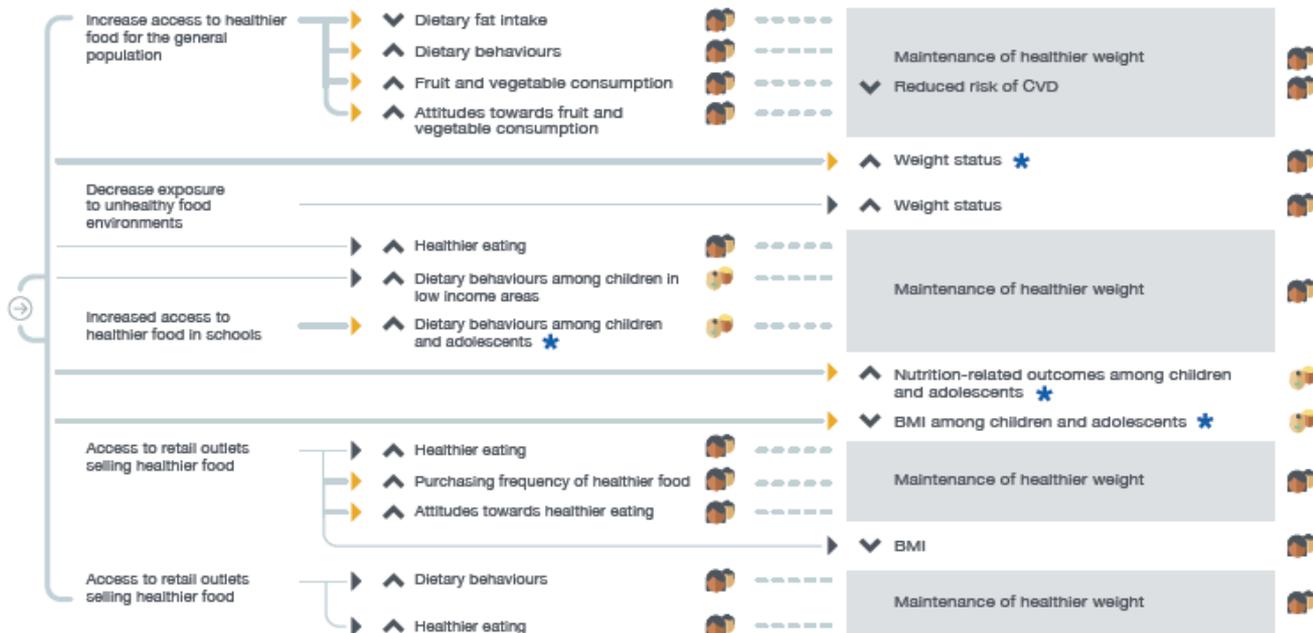
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## Planning Principles



Provision of healthier, affordable food for the general population

## Modifiable Features



Enhance community food infrastructure



**Note:** For further information on what constitutes a healthy balanced diet, please see the *Eat Well Guide*, available at: <https://www.gov.uk/government/publications/the-eatwell-guide>



## Natural & Sustainable Environments

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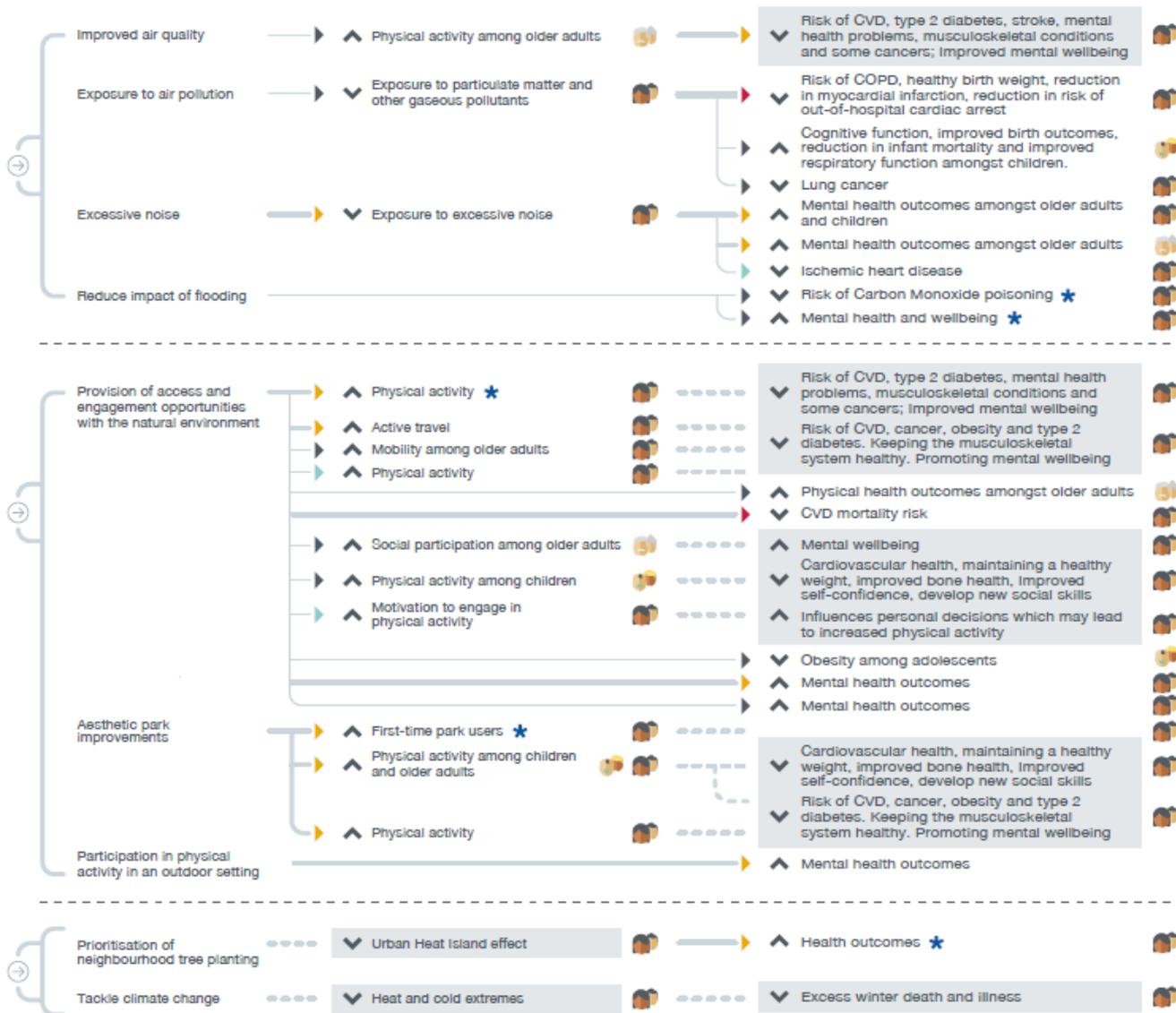
## Planning Principles



## Modifiable Features

## Impact

## Health Outcomes





# Transport

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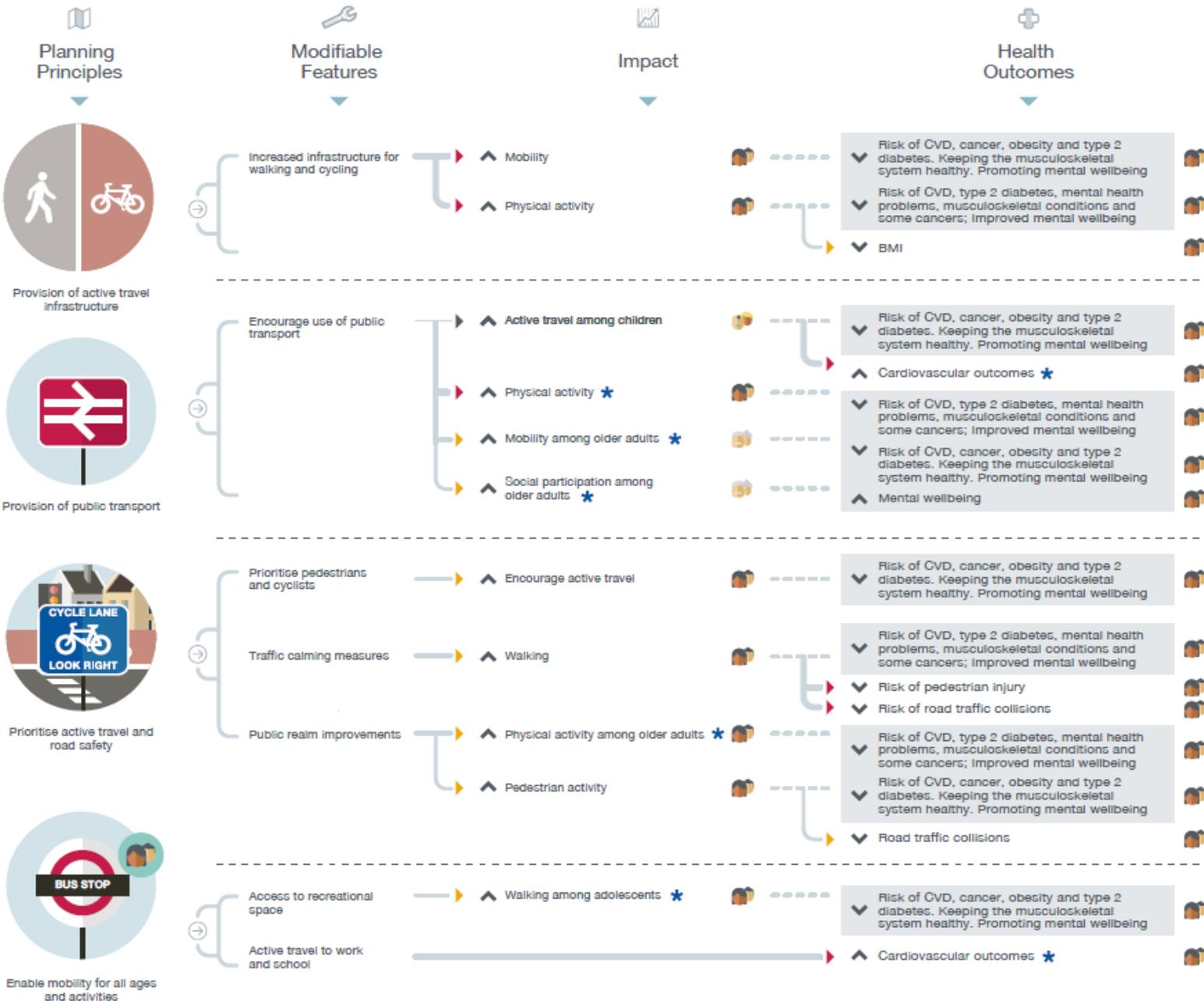
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Public Health  
England

Neighbourhood  
Design

Transport

Housing



Nat. Sust.  
Environment

Healthy Food



Public Health  
England

# Thank you

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