



Creating safe, healthy and inclusive communities

What do we already know?

Life expectancy is high and rates of premature mortality are lower than other areas.

67.1 Total crime rate per 1000 population during 12 month (Apr-17 - Mar-18).

Obesity statistics.

Prevalence of obesity more than
doubles between reception and year 6



61% of 15 year-olds in Richmond are sedentary for over 7 hours per day

What are the key issues?

We want to continue to achieve healthy, inclusive and safe places. Healthy choices are

influenced by our environment, communities and wellbeing. As a health and care system we are moving beyond a focus on individual behaviour towards a wide range of social and environmental interventions

to improve the health of the population and reduce preventable

diseases, and where proactive early intervention will prevent more serious consequences.

Health and care organisations work closely together through the Health and Wellbeing Board. The Joint

Highest in London

for 15-year-olds **drunk** in the previous month (25%), tried **smoking tobacco** (36%) and cannabis (19%) and **multiple risky behaviours** (22%)



Image from www.richmondccg.nhs.uk/wp-content/uploads/2019/09/NHS-Richmond-Health-Care-Plan.pdf. (Source London Borough of Richmond upon Thames Health and Care Plan 2019-2021)

Health and Wellbeing Strategy 2016-21 focuses on the prevention and joined-up services throughout people’s lives, to enable all residents to start well, live well and age well.

The Richmond Clinical Commissioning Group (CCG) is responsible for the planning and commissioning of healthcare services in the borough. The CCG works closely with NHS England to deliver primary care services. Research shows that there is pressure on health facilities across the borough, particularly a shortfall in GP floorspace and need for greater provision of pharmacy services. We need to safeguard land and buildings currently in use as health facilities and meet the future needs of a growing population.

A key purpose of existing plan policy is to address the increasing health inequalities and wider factors which impact on health and well-being. The role of planning is crucial in creating environments that enhance health and well-being, albeit that planning is part of the solution. We are fortunate that approximately 40% of the borough’s land area is publicly accessible park^{xiv}. 28% of residents use outdoor space for exercise and health reasons, which is the second highest in London^{xv}. Planning can help to improve access to these unique and valuable facilities and increase participation in sport and physical activity for all sections of the population (as also set out under the theme of new social and community infrastructure). 19% of people in Richmond do not take part in any physical activity^{xvi}.



Promoting healthy lifestyles in a cross-cutting theme with links to several policies in the Local Plan, to other Council strategies and those produced by the Mayor and government. The Mayor’s Healthy Streets Approach aims to improve health and reduce health inequalities, which will help use cars less, and walk, cycle and use public transport more. The Joint Strategic Needs Assessment (JSNA) continues to identify health inequalities and the high proportion of unhealthy lifestyles.

Of course, there are many factors which have the potential to affect a person’s health. In this borough, some of the most significant issues include:

- Air quality – the whole borough has been declared an Air Quality Management Area because it has exceeded permissible levels of pollution. The predominant source of air pollution in the borough is road traffic^{xvii}.

- Smoking – Approximately 6% of adults (18+) in Richmond smoked in 2018, significantly less than in London (13.9%) and England (14.4%)^{xviii}. Prevalence of smoking in 15-year olds is 14.3%, more than twice the London average^{xix}.
- Just over a third of adults in the borough drink more than the recommended 14 units per week, which is the third highest proportion in London^{xx}. 15-year olds in Richmond drink more regularly than in any other London Borough – 9% are regular drinkers^{xxi}. More than 50% of over 16-year olds are overweight or obese^{xxii}. 16.1% of children in Reception in the borough in the borough are overweight or obese and this percentage increases whilst children are at primary school, with the comparable Year 6 figure being 22.6% (2018/19)^{xxiii}. Evidence suggests that obese children are more likely to be obese adults and are at an increased risk of developing further health difficulties. This is too high and a preventable public health issue.
- An estimated 22,000 people in the borough have a common mental health disorder (such as depression and anxiety)^{xxiv}.
- Younger adults can be more prone to risk taking behaviour, and over a fifth of 15 year olds in the borough have 3 or more risky behaviours, including smoking, drinking, cannabis, other drugs, poor diet and physical health, which is the third highest in London^{xxv}.

Richmond is a safe borough, where significant reductions in crime and anti-social behaviour have

been achieved in recent years, but more still needs to be done to tackle crimes that impact vulnerable people, our communities and our neighbourhoods. We need to support the creation of inclusive neighbourhoods by embedding inclusive design.

What are we currently doing?

We work closely with Public Health colleagues. Planning policies seek to contribute towards encouraging healthy lifestyles in a number of ways, by influencing the pattern of land use through encouraging sustainable modes of transport, providing access to sports centres and recreation facilities, open spaces and places to play, to promote independent living, to provide access to healthy food and to consider the needs of all when designing new developments. Health Impact Assessments are required for proposals with 10 or more units.

Due to this and in line with Government advice, the policy approach for new fast food takeaways is considered to be an appropriate way of reducing the accessibility of potentially unhealthy food outlets to young people, as part of a wider strategy. Policy allows the Council to consider how to 'manage' proposals for new takeaways within 400 metres of schools.

We work collaboratively through the Community Safety Partnership (CSP). Planning policies seek design quality, through which measures to design out crime should be integral to development proposals to reduce opportunities for anti-social behaviour,

criminal activities, and terrorism. Planning policies seek an inclusive development layout and public realm that considers the needs of all.

What do we have to find out?

We need to continue to work closely with our partners to ensure that we understand what the requirements are for health facilities in the borough, so that we can develop policies and allocate sites to meet this need. An update of the JSNA to analyse the health needs of the population is due in 2020. We need to use this updated information to understand the complex issues which affect our health some of which are environmental such as the quality of the air we breathe and access to open spaces and facilities for exercise, others are more personal choices, such as how much alcohol we drink and whether we smoke. We need to identify where the Local Plan can continue to make a contribution to promoting healthy lifestyles and choices and so help to reduce numbers of people with preventable diseases.

We need to ensure that promotion of health and wellbeing is a thread which runs through the Local Plan and is considered appropriately. The London Plan promotes a Healthy Streets Approach to put improving health and reducing health inequalities at the heart of public space, which links with active travel. In addition, we need to monitor our policy approach towards managing the number of new takeaways permitted within 400 metres of schools, as this is an area where planning can have a direct

influence. Further research will inform us whether we need to refine and/or strengthen the policy.

We need to work with the Community Safety Partnership and others to understand how our places can be made safe and accessible, so that crime and disorder, and the fear of crime, do not undermine the quality of life or community cohesion. We need to collaborate with local communities to understand how the factors that influence potential barriers to inclusion can be mitigated.

We need to engage with young people, including through the UK Youth Parliament via recently elected local representative, to ensure that we have understood young people's needs and make provision to meet them, to keep our children and young people healthy and safe.

What do we have to do?

We are considering the following policy directions:

- Set the priority to promote healthy and inclusive communities as a cross-cutting objective in the Plan, to address in land use policies and development proposals across the borough.
- Promote the Healthy Streets Approach to prioritise health in all planning decisions.
- Continue to protect land and buildings currently in use as a health facility.
- Working with our partners, allocate sites for health facilities where there is a proven need.
- Strengthening our existing policy on new takeaways located within a defined distance of

schools in specific areas.

- Continue to promote social interaction and promote public safety and take into account wider security and defence requirements.
- Promote the highest standards of accessible and inclusive design across all types of development and places, based on an inclusive neighbourhood approach.
- Develop effective place making strategies to ensure new developments result in the creation of new, or improvement of existing, quality public spaces that contribute to people's health, happiness and wellbeing.

What do you think?

- Do you agree with the proposed policy directions? If you disagree with any of the policy directions, please tell us more.
- Should it be easier to change use from other land uses to community uses?
- Should policy strongly resist more takeaways in areas in proximity to schools?
- Do you have any other suggestions on how planning can promote or contribute to creating places and an environment that is conducive to weight loss and active lifestyles?
- Are there other opportunities through planning to promote healthy lifestyles?
- How can we ensure convenient and welcoming development with no disabling barriers, providing independent access without additional undue effort, separation or special treatment?

Towards implementation, infrastructure, delivery and sites

More details to support implementation of the new Local Plan will be developed for the next stage in the preparation of the draft Plan. The Plan will identify key sites to assist with the delivery of the spatial strategy. An Infrastructure Delivery Statement will be produced by the Council to identify infrastructure needs and consider when and where it is needed, identify the partners we will work with, and how it may be funded.