

Integrating Health and Planning in Glasgow



Dr. Russell Jones

Healthy Urban Planning

- International Movement
- Seeks to enhance the physical, mental, social and environmental wellbeing of people who live and work in cities
- Planning for people
 - Placing people's needs at heart of urban planning process
 - Consider implications of planning decisions for human health and wellbeing
- Balance social, environmental and economic pressures
- Infrastructure for people to optimise health

How can Planning affect Health?

- Conditions in which people live and work
- Access to facilities and services
- Infrastructure to facilitate healthy lifestyles
- Infrastructure to facilitate social networks
- Mental health, wellbeing, quality of life
- Engagement of local communities
- Sustainable development

Evidence

- Place and space have an impact on human health and wellbeing.
- Individual actions for health improvement are likely to be constrained by the environmental and socio-economic contexts in which they take place.

Direct Impacts

- Traditionally associated with planning and environmental health, e.g.
 - air quality (indoor and outdoor),
 - climate,
 - water quantity and quality,
 - noise and
 - traffic-related injuries
- Much of the evidence is quantifiable and causal effects are attributable

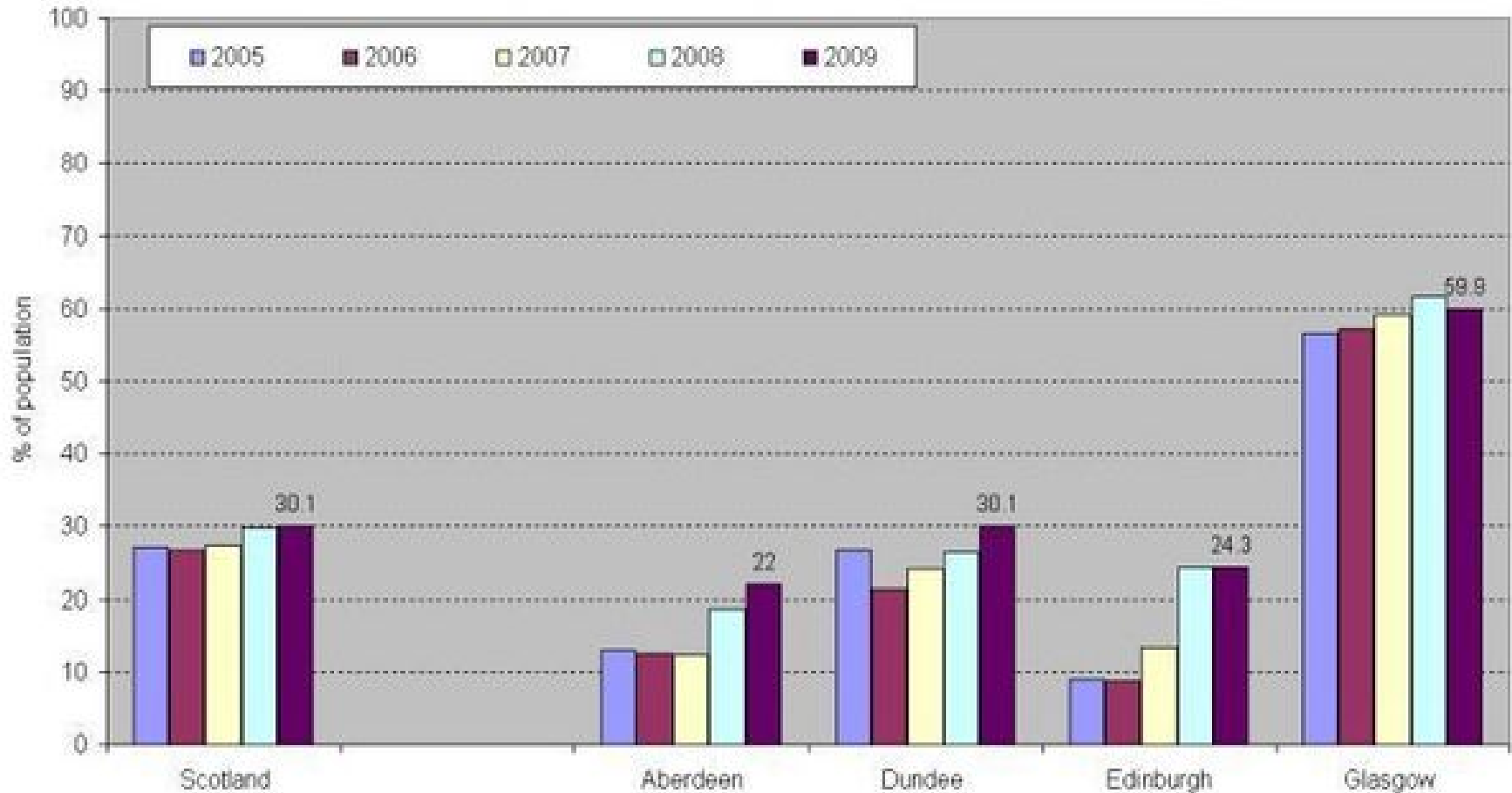
Indirect Impacts

- Focus on influence of built environment design on determinants of health, e.g.
 - perceptions of the local area,
 - social connections, and
 - physical activity
- These, in turn, are associated with physical and mental health outcomes
- Most studies aren't designed to attribute causality and the evidence is not yet quantifiable

Is Quality of Place a Glasgow Issue?

**Percentage of population living within 500m of any derelict site
(Aberdeen, Dundee, Edinburgh, Glasgow and Scotland, 2005-2009)**

Source: Scottish Neighbourhood Statistics (from Scottish Vacant and Derelict Land Survey)







Glasgow's Approach to Integrate Health and Planning

- Raise awareness and motivation
- Generate, collate and communicate evidence
- Embed health in strategic planning documents
- Work in partnership to build capacity and change practice

Selected Examples of Health and Planning in Policy and Practice

- GCV Structure Plan 3 Alteration
- GCV Common Health Action Programme
- Strategic Development Plan
- Local Development Plan
- GCV Green Network Partnership
- Branching Out
- HIA of the EELDS
- Glasgow Equally Well Test Site

HIA of East End Local Development Strategy



“to create a vibrant, modern city district, through a regeneration process based on reinvention and reconnection. Existing and new communities will benefit from a new approach to living in cities as regeneration in the East End will be a model of sustainable development, addressing issues of population health, environmental quality and meeting people’s needs.”

What is HIA?

“a combination of procedures, methods and tools by which a policy, a programme or project may be judged as to its potential effects on the health of a population and the distribution of effects within the population”

WHO Gothenburg Consensus Paper, 1999

Methods

- Prospective rapid appraisal
- 2 day participatory stakeholder workshop
- ½ day site visit
- Workgroups
- List of health determinants relevant to LDS
- Health indicators for existing population

Issues of concern to stakeholders

<i>Mentioned with respect to 5 or more elements of LDS</i>	<i>Mentioned with respect to 3 elements of LDS</i>	<i>Mentioned with respect to 2 elements of LDS</i>
<ul style="list-style-type: none"> •Accessibility •Connectivity •Community engagement, involvement and participation 	<ul style="list-style-type: none"> •Identity •Choice of housing •Emergency Service provision 	<ul style="list-style-type: none"> •Sustainable transport •Choice of employment •Integrated infrastructure •Sustainable construction •Accessibility to leisure •Green space •Designing out crime •Sustainable Urban Drainage Systems •Odour from Dalmarnock Waste Water Treatment Works •Integrating River Clyde with green space •Using water as a feature in the East End •Safety •Construction impacts

Suggestions

- *112 suggestions* which could be incorporated into the LDS (e.g. development hubs for business and community)
- *24 suggestions* that require liaison with other organisations and agencies for effective implementation (e.g. territoriality and gang fighting)

Direct Successes of the HIA

- Influenced future drafts of EELDS
- Many suggestions accepted outright, others in principle, a few rejected
- Provided forum for meaningful communication

Additional Successes -- Subsequent HIAs

- Lunchtime experience secondary schools
 - Vale of Leven service reconfiguration
 - Commonwealth Games
 - Alcohol licensing strategy
 - Housing strategy
 - New build at South Hospitals Campus
-
- **Integrated Impact Assessment Tool**

Additional Successes

– Integrated Infrastructure

Integrated Infrastructure

- Movement Network
- Green Network
- Water Network



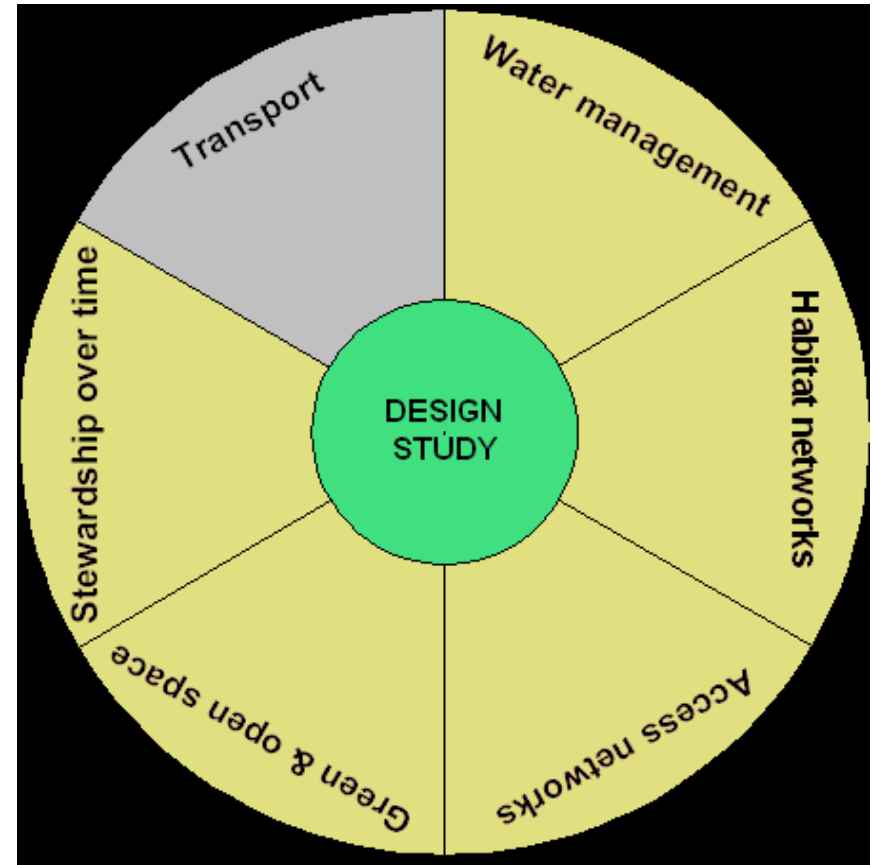
Integrated Infrastructure – Design Studies

- GCC, GCV Green Network Partnership, SEPA, Scottish Water and others
- Several design studies including
 - Jackton and the Gill Burn Valley
 - Cowlairs Urban Village
 - Pollokshaws
 - Johnstone
 - Nitshill (award)

www.gcvgreennetwork.gov.uk

Design Elements

- Water management
- Habitat networks
- Access networks
- Green & open space
- Stewardship over time
- Transport



Additional Successes

– Innovative Community Engagement

NSMC Film Project





equally
well

Planning for Better Health

A story of the Equally Well Glasgow City test site's approach towards addressing health inequalities through integrating health and wellbeing into the planning system

Glasgow City Test Site Vision

“We believe planning can be more about people”

Projects

- Community led
- Public sector led
- Private sector led
- Capacity building
- Tool development

HEALTH GIRL AND FRIENDS in **FROM HERE TO EQUALITY**



HEALTHY, HAPPY, RESILIENT COMMUNITIES FORMED
BY PUBLIC HEALTH AND PLANNING... AND THE PEOPLE!



EMPOWERED!

SUSTAINABLE!

PROSPEROUS!

PITY THOSE POOR IDEALIST
FOOLS. WATCH AS SILO SETH
DIVIDES AND RULES!



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[From Here To Equality](#) explains, in simple terms, that by working together, those in health and planning can create healthier and more sustainable neighbourhoods, with people at the heart of their success. We hope you find it inspiring.

Challenges

- Current economic climate
 - Loss of staff and capacity
 - Retreat to silo thinking/working?
- Organisational cultures and delivery
- Finding a common language
- Moving from competing to complementary priorities

Moving Forward



Healthy Urban Environments 'A Tale of Two Cities'

Fiona Crawford

Learning from another City: Gothenburg, Sweden



Context

Local authority's role and potential in improving health and wellbeing and reducing inequalities...

“Whilst the health care services can play, and do play, a significant part in reducing inequalities in health, yet measures to reduce differences in material standards of living as experienced at work, in the home and in everyday social and community life are of even greater importance.”

A Varied Portfolio

- **Eating in and out of school**
- **Active sustainable travel**
- GoWell
- The Glasgow Health Commission
- Oxfam's Humankind Index
- **Learning from elsewhere (Gothenburg)**

Eating in School



Improving Scotland's health begins at the dinner table

THE horsemeat scandal may have dominated recent headlines, but the problems with our national diet extend way beyond the current crisis. And while reports about horse DNA found in a burger within a North Lanarkshire school kitchen are disturbing, we should not forget the wider issues involved in improving childhood nutrition. In Scotland, the challenge is considerable. Recent research suggests that 31% of our seven to 11-year-olds are overweight, the Scottish Government has warned that 40% of the population could be obese by 2030 and last week Glasgow University nutrition expert Mike Lean spoke of the need to target children before they become overweight. Clearly, action is urgently required.

With this in mind, an experiment taking place in a Glasgow school dining room will interest everyone who cares about Scotland's health. As we reveal today, Caledonia Primary School is trying out a Swedish-inspired idea designed to educate children about healthy

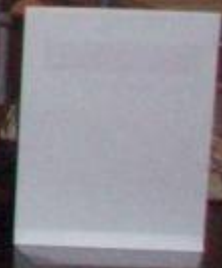
eating while helping them learn important social skills such as table manners. It's early days, but signs that pupils are already displaying a healthier attitude towards meal-times are encouraging.

This is the kind of imaginative approach that's needed if we are to make an impact on a generation over-exposed to junk food and under-exposed to the simple habit of sitting together at a table to eat with a knife and fork.

Before the last Scottish election, the SNP pledged to provide free school meals to all children in primaries one to three. By watering down that pledge, the Scottish Government risks giving the impression that improving Scotland's diet is not a priority. That is not good enough. It is, of course, parents' responsibility to ensure that their children eat a balanced diet. But the government must take the lead in ensuring that within our schools, children are being given the best possible chance to develop habits that will set them up for healthy lives.



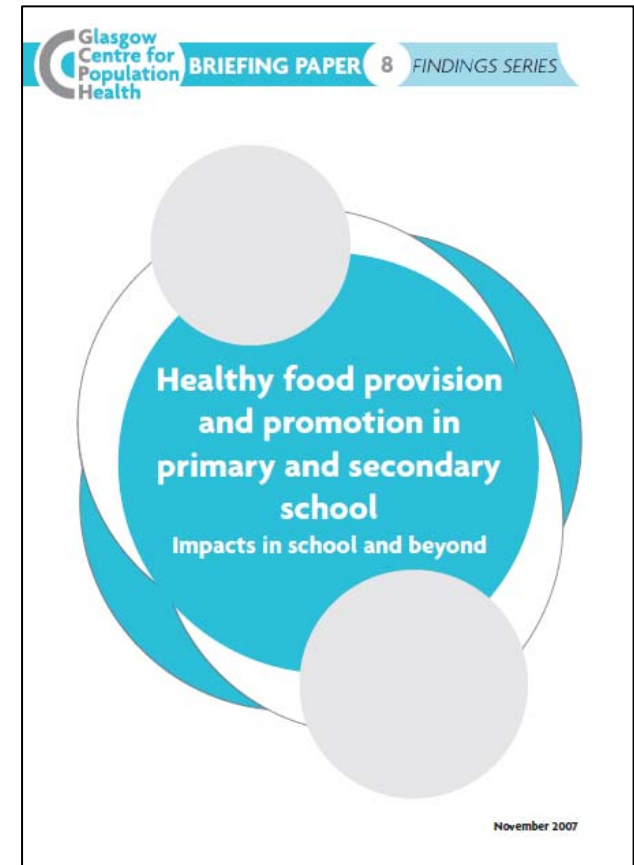
RESTAURANG
BAMBA BAMBINO





What We Learned

- Healthy school food policy was a success story (particularly in primary schools)
- The physical and social environment were crucial
- Snacks, pack lunches, and eating out problematic
- Secondary schools were more of a challenge



School lunches 'reduce truancy', pilot project finds

Keeping children in school at lunchtime encourages them to eat more healthily and reduces accidents and truancy, according to the findings of a pilot project.

Pupils at eight Glasgow schools were kept in the grounds and offered activities alongside healthy food.

As a result, more children ate school meals and staff reported less truancy and improved safety.

The pilot has now been rolled out to a further seven schools.

The pilot scheme, organised by Glasgow City Council, the Scottish Centre for Social Research and the Glasgow Centre for Population Health, was carried out among S1 pupils between August 2009 and June last year.

It was also found that pupils enjoyed the lunchtime activities and said there was less pressure to go out even if they did not want to.

The study found there was also less bullying and teasing and staff reported reduced lateness for class.



Pupils were offered activities alongside healthy food

Related stories

[School meals 'help fussy eaters'](#)

[School meals get 'deli' makeover](#)

[More pupils taking school dinners](#)

Eating out of School



Food Outlet Study

How does the quality of food purchased by secondary pupils from outlets near Glasgow secondary schools compare with nutrient standards set for food and drinks provided by schools in Scotland?

12:00 am to 2:00 pm

- Chips** £ 1.00
- Chips & Cheese** £ 1.50
- Donner Chips** £ 1.50
- Chips Sauce** £ 1.50
- Donner Kebab** £ 2.00
- Pizza Chips** £ 1.50
- Chips Burger** £ 2.00
- Fish & Chips** £ 2.50
- Rice Cuury Sauce** £ 2.00
- Chips Curry Sauce** £ 2.00
- Cain** £ 0.40
- Donner** £ 2.00

Starters

	Veget	Meat	Non
Vegetarian Pakora	£ 1.50	£ 1.50	£ 1.50
Chicken Pakora	£ 1.50	£ 1.50	£ 1.50
Mix Pakora	£ 1.50	£ 1.50	£ 1.50
Mushroom Pakora	£ 1.50	£ 1.50	£ 1.50
Fish Pakora	£ 1.50	£ 1.50	£ 1.50
Donner Wrap	£ 1.50	£ 1.50	£ 1.50
Spiced Mushrooms	£ 1.50	£ 1.50	£ 1.50
French Chicken	£ 1.50	£ 1.50	£ 1.50
Sauté Mushrooms	£ 1.50	£ 1.50	£ 1.50
Sauté Bread	£ 1.50	£ 1.50	£ 1.50
Sauté Bread with Cheese	£ 1.50	£ 1.50	£ 1.50
Onion Bread	£ 1.50	£ 1.50	£ 1.50
Vegetarian Quiche	£ 1.50	£ 1.50	£ 1.50
Salads - served with bread & sauce	£ 2.50		
Mixed Salads			
Green - served with bread & sauce			



Pooris

	Veget	Meat	Non
Prison Poori	£ 1.50	£ 1.50	£ 1.50
Chicken Poori	£ 1.50	£ 1.50	£ 1.50
Mushroom Poori	£ 1.50	£ 1.50	£ 1.50
Thick Poori	£ 1.50	£ 1.50	£ 1.50



Tandoori Starters

Chicken Chilli (served with rice, salad and curry sauce)	£ 3.50
Chicken Tikka	£ 3.50
Chicken Tikka	£ 3.50
Lamb Tikka	£ 3.50

Tandoori Dishes

all these dishes are served with rice, salad and curry sauce	
Tandoori Chicken	£ 7.50
all these dishes are served with rice, salad and curry sauce	
Tandoori Lamb	£ 10.50
Tandoori Chicken Tikka	£ 7.50
Tandoori Chicken Tikka	£ 7.50
Tandoori Chicken Tikka	£ 7.50
Tandoori Chicken Tikka	£ 7.50
Tandoori Lamb Tikka	£ 10.50
Tandoori King Prawn	£ 10.50



Set Meal A for 1

2 Papadums & Spiced Onions
Vegetable Pakora
Choice of 1 Curry, Chicken
(Curry, Patta, Korma, Shorma)
Non or Rice
£7.45

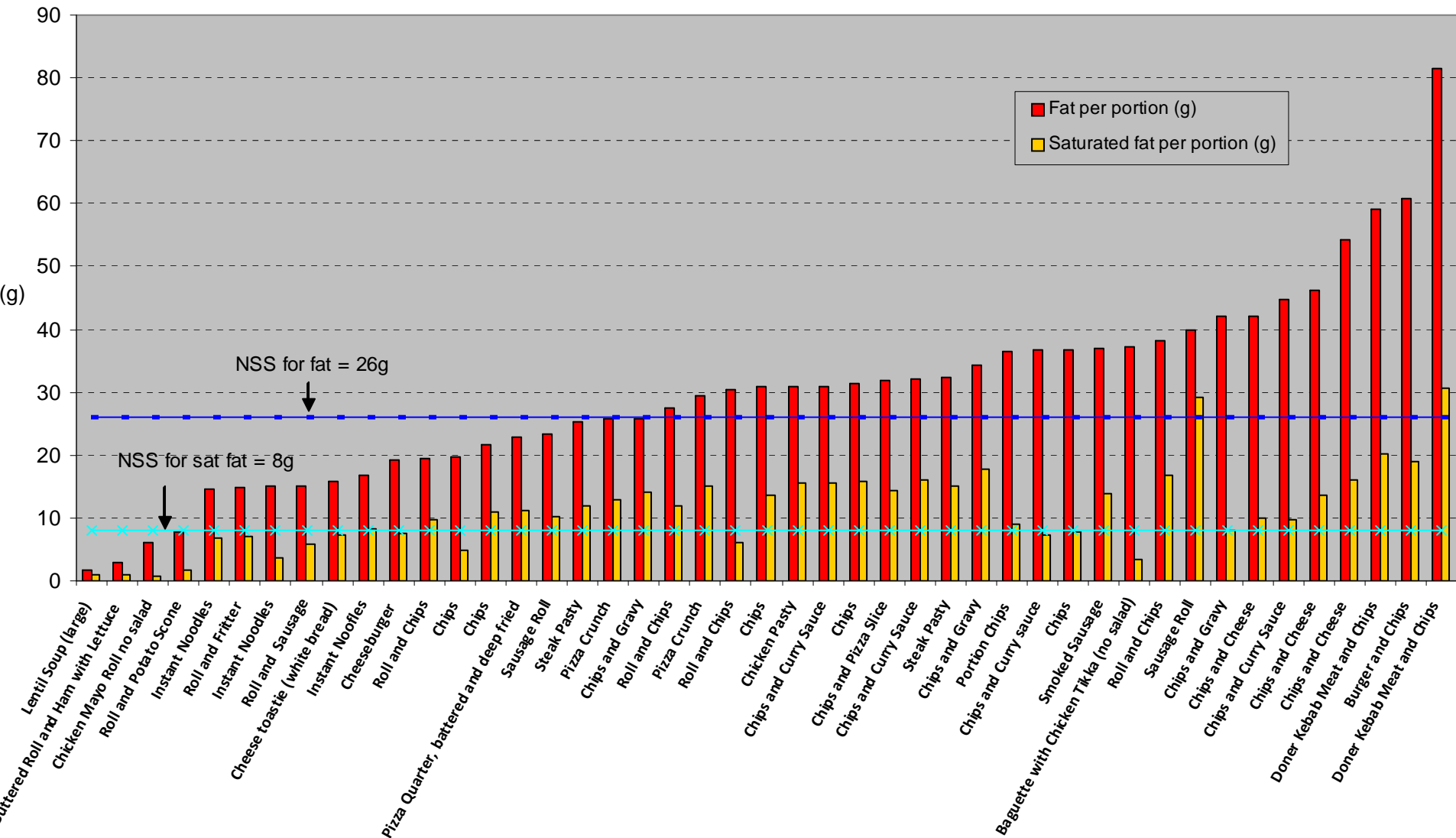
Set Meal B for 2

2 Papadums & Spiced Onions
2 Vegetable Pakora
Vegetable Fajita
Choice of any 2 Popular Dishes
Nan & Fried Rice
(excludes King prawn & 10th meal)
£12.50

Set Meal C for 2

2 Papadums & Spiced Onions
2 Papadums & Spiced Onions
Choice of 1 Starter (Chicken Pakora, Mushroom Pakora)
Chicken Chilli, Mix Pakora, Onion Bhaji
Choice of any 2 Popular Dishes, Non and Fried Rice
(excludes King prawn & 10th meal)

Fat & Saturated Fat



Key Recommendations

- Consistent stay on site primary school policies
- Secondary school lunchtime stay on site policies for junior pupils
- Action on external commercial food environment

Active Sustainable Travel Work Programme

- Qualitative research
- Policy appraisal
- Analysis of secondary data

“ I have no excuse there are plenty of buses at the top of the hill where I live but I just think its more convenient to drive than to walk to the top of the hill to get a bus.”

“At night time I would never get a bus, neither would my son or my daughter it’s too dangerous to travel back late at night.”

“Aye if I have more time I would walk, but when you’re working and you have a million things to do you just don’t know.”

Preventing Overweight and Obesity in Scotland

A Route Map Towards Healthy Weight



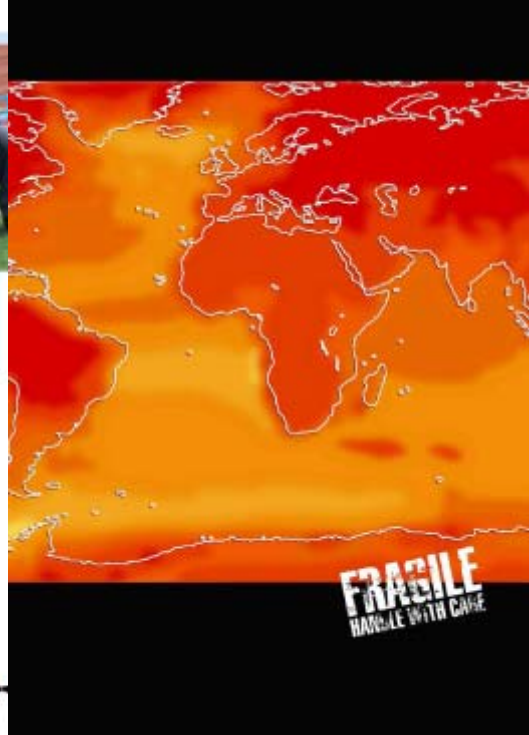
SCOTLAND'S NATIONAL
transport
STRATEGY



The Scottish

let's make scotland more active
A strategy for physical activity
Physical Activity Task Force

healthy living



CYCLING ACTION PLAN FOR SCOTLAND



The Scottish Government



TRAVEL PLANS - AN OVERVIEW

62% OF ALL JOURNEYS BETWEEN 1 AND 2 MILES ARE MADE BY CAR.

* NATIONAL TRAVEL SURVEY 2016 102/791

Take action on active travel

Why a shift from car-dominated transport policy would benefit public health

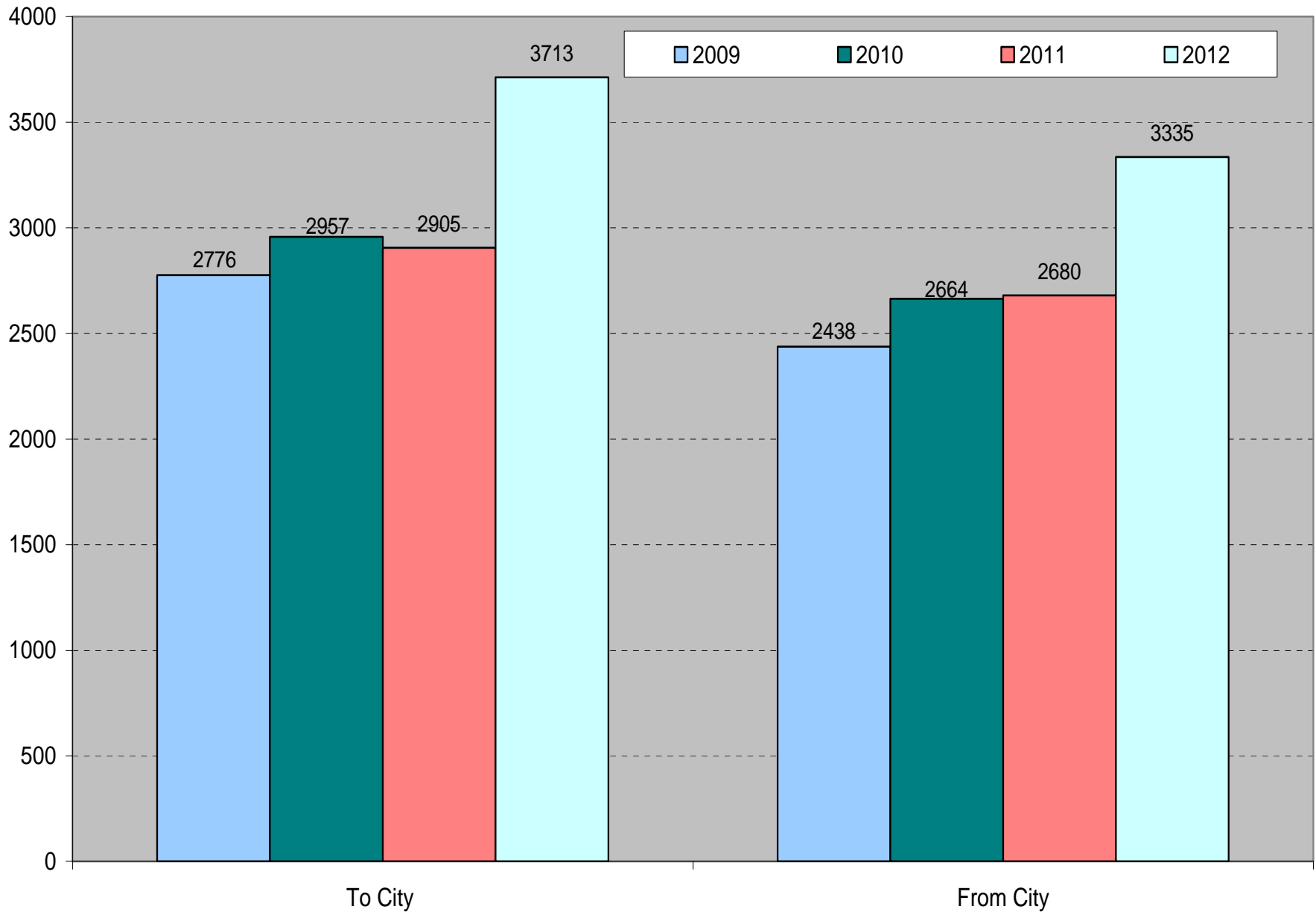
For the first time, 800 UK leading organisations working on all areas of public health, including those who shape the environment we live in, have come together to give government and transport ministers a written letter and health...

Data Analysis

- Car usage increasing in journeys to work and school
- Higher levels of active travel amongst least affluent
- Higher levels of car usage amongst most affluent
- Adult and child traffic related injuries are higher in deprived areas

Glasgow cycle counts at all cordon sites around the city, 2009- 2012

Source: Land & Environmental Services, Glasgow City Council



Learning from Gothenburg





IF ONLY EVERYTHING
FLOWED SO FREELY

Leam - Station
0700 - 1900
MON - SAT

41 OFFICE

99 054084

What Has Helped?

- Building relationships, credibility and trust
- Learning from elsewhere
- From word to deed....
- The right time for an issue?



