Creating Quality Neighbourhoods

Lorraine Tulloch
Policy and Strategy Manager, Good Places Better Health
“Historically we have focused on creating environments free from significant hazards. Whilst this continues to be important we now recognise an additional need to create positive physical environments which nurture health and wellbeing.”

Good Places, Better Health
Implementation Plan 2008
PROTOTYPE PHASE 2008 - 2011

What is needed to deliver places that nurture good health for children?

Four health challenges facing children 0 – 8 yrs old in Scotland:

- Asthma
- Mental Health and Wellbeing
- Obesity
- Unintentional Injury

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Good Places Better Health for Scotland’s Children

Homes:
- Warm and dry
- Flexible, good quality space indoors and outdoors
- Designed to protect against noise and injuries

Neighbourhoods:
- A Neighbourhood Quality Standard
- Clean, well maintained places
- Safe, attractive places to play
- Support and encourage access to the natural world
- Support a healthy diet
- A sense of community, where children are welcomed

Transport:
- Prioritises the child pedestrian
- Safe and attractive pavements, paths and off routes
- Access to amenities by active or public transport
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Aspects of place that nurture children's health

- Space to play
- Warm, dry housing
- An outdoor presence
- Safe streets
- Active travel
- Social capital
- Sense of community
- Access to natural world
Percentage of adults aged 16+ who report that rubbish/litter lying around is common in their neighbourhood: 2009/10
Source: Scottish Household Survey
Percentage of adults aged 16+ with access to safe, pleasant greenspace in their local neighbourhood: 2009/10
Source: Scottish Household Survey

SIMD 2009 Quintiles

Percentage

1 (Most Deprived) 2 3 4 5 (Least Deprived)

52 62 69 73 76
Greenspace access, quality and use and physical activity, children aged 0-8 in Scotland

Sources: Growing Up in Scotland Sweep 3; Scottish Household Survey 2007-08; Scottish Health Survey 2008 & 2010

SIMD 2009 Quintiles

- How common is rubbish or litter lying around? (GUS)
- Greenspace 10 mins of home (GUS)
- Safe or pleasant greenspace (SHoS)
- Children use open space/park for PA (SHoS)

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Percentage of adults aged 16+ who are bothered fairly/very often by noise when indoors at home: 2009
Source: Scottish House Condition Survey

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Other Evidence

In Scotland, it seems that use of green space, rather than how much is available in the neighbourhood, is crucial to its benefits. A key predictor of whether someone uses green space in adulthood, is whether they did so in childhood.

GreenHealth recommends that urban green spaces are protected, expanded and promoted and that, in particular, children’s use of such spaces is supported.
**Scottish Quality Neighbourhood Framework**

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SOA Guidance

CPPs should consider focusing on tackling the wider determinants of health. This may include aspects of family, neighbourhood and community life which increase human connectedness and unlock potential in families, people, and places, especially through prioritising interventions aimed at early years.

Action may include... physical improvements so that, for example, homes are warm and dry, walking and cycling is easier and safer, and there is good quality, accessible green space and children can play safely outdoors.

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Creating Healthy Places

Actions that CPPs can take:
- Housing quality
- Neighbourhoods
- Walking, Playing and Active travel

Support provided through
- Data and Information – ScotPHO and SNS
- Engagement/Joint working toolkit
- Facilitation support
- Evidence Briefings
Creating Quality Neighbourhoods

“Investing in children’s play is one of the most important things we can do to improve children’s health and wellbeing in Scotland.”

Sir Harry Burns, Chief Medical Officer

Although children are playing outdoors less now than at any point in our history, most still have access to a school playground where they can play outdoors on a regular basis.
The Next Steps

• Influencing Policy and Practice
• Development of the Place Standard
• Role of CPP
Recommendations

• Support and endorse the development of a place standard that can be applied to new and existing neighbourhoods
• Support the production of guidance on a place making standard and its application
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“Today’s issues (around place) are less about toxic or infectious threats but rather the capacity of ugly, scarred, threatening environments to foster hopelessness and stress, discourage active healthy lives and healthy behaviours.”

Sir Harry Burns Chief Medical Officer for Scotland

Find out more at:
Website
http://www.scotland.gov.uk/Topics/Health/Healthy-Living/Good-Places-Better-Health

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