

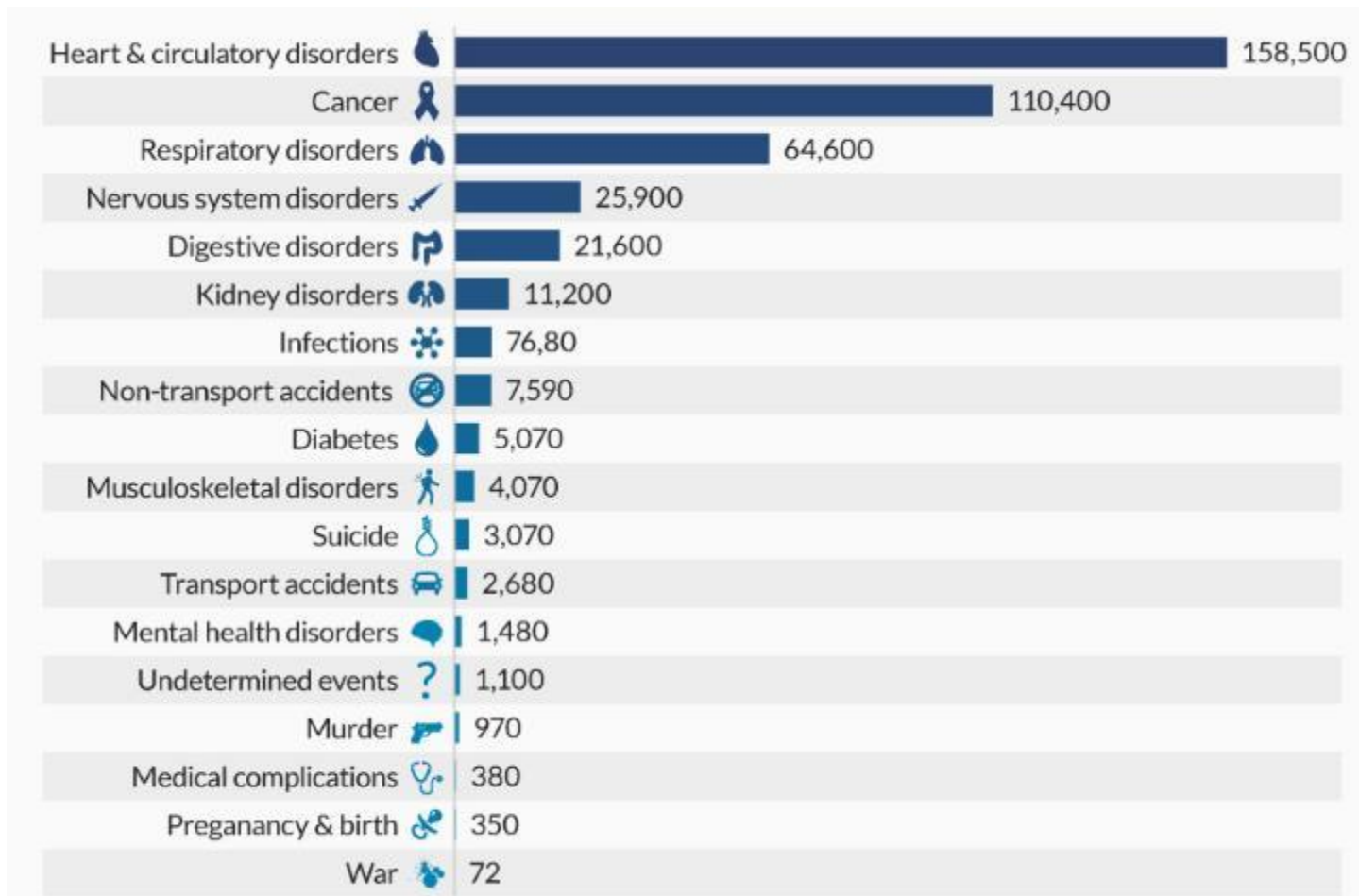


Public Health
England

Health and the Natural and Built Environment

Dr Ann Marie Connolly
Deputy Director, Health and Wellbeing

Leading causes of death in England



2013 figures

<http://www.statista.com/chart/363/what-kills-english-people/>



Key Evidence for Healthy Places

Built Environment

- Density and mix of **land** use
- **Housing** quality, supply and affordability
- **Street** layout and connectivity
- Active and public **transport**
- Open space, play space, **green space** and community space
- **Access** to public services, employment and other services
- Access to fresh **food** and alcohol
- **Air** quality and **noise**
- Extreme weather events and changing **climate**



Health

- Fitness, cardiovascular health and obesity
- Diabetes
- Cancer
- Safety
- Mental health
- Respiratory health
- Accidents and falls
- Wellbeing and community participation
- Premature mortality



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Health, Green Spaces and Nature

- Reduced stress, lower mental distress, reduced anxiety and depression
- Reduced mortality, especially for respiratory disorders and also for male cardiovascular disease
- Reduced levels of obesity associated with exposure to natural spaces
- Some evidence of increased physical activity linked to green spaces



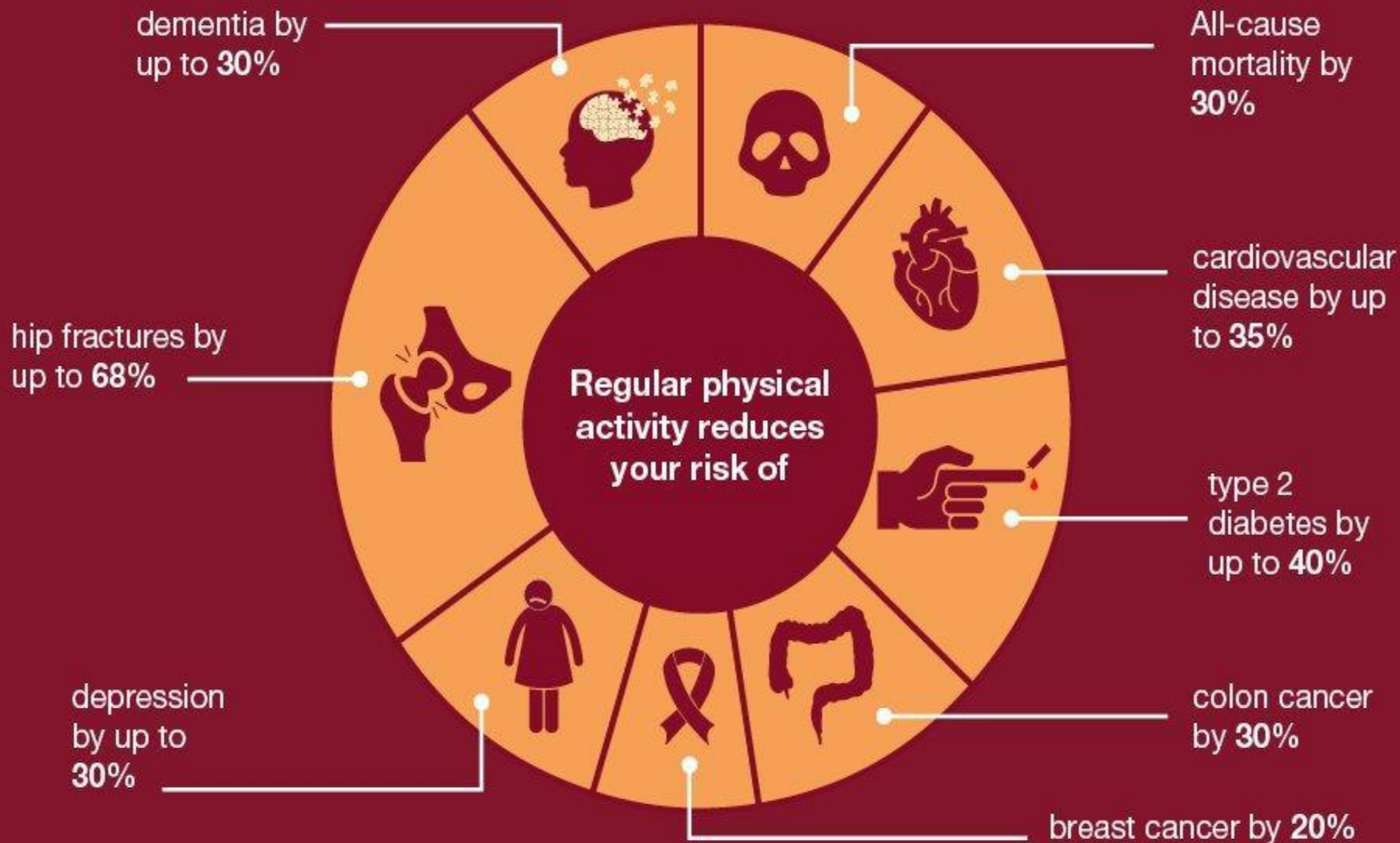


Health, Green Spaces and Nature



- Improved air quality
- Increase noise absorption,
- Decreased risk of flooding
- Mitigation against the impacts of climate change including “urban heat island” effect

What are the health benefits of physical activity?





Physical activity and green space



- **Walking** is one of the least expensive and most broadly accessible forms of physical activity
- **Short car trips (under 5 miles)** are a prime area for switching to active travel and to public transport
- Most **deprived** areas are 10 times less likely to live in the greenest areas
- Opportunity to **improve access** for older people, people from BME communities, people with disabilities and those from deprived communities



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PHE Briefing and Evidence Reviews

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Protecting and improving the nation's health

Everybody active, every day
What works – the evidence

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Protecting and improving the nation's health

Everybody active, every day
An evidence-based approach to physical activity

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UCL Institute of Health Equity

Local action on health inequalities:
Improving access to green spaces

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planning healthy-weight environments –
a TCPA reuniting health

Active Design

Planning for health and wellbeing through sport and physical activity

October 2015

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Protecting and improving the nation's health

Working Together to Promote Active Travel
A briefing for local authorities

Public Health England

Local Government Association

Healthy people, healthy places briefing
**Obesity and the environment:
increasing physical activity and active travel**

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Public Health England

planning healthier places –
report from the reuniting health with planning project

Andrew Ross, with Michael O'Leary



Thank you

Annmarie.connolly@phe.gov.uk
[@connolamc](#)

1. To sign up to our monthly current awareness update healthypeople.healthyplaces@phe.gov.uk
2. Visit the LGA sponsored [Knowledgehub](#) and become a member of the Healthy People Healthy Places discussion group.