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Planning and Enabling Healthy Environments:

A Supplementary
Planning Guidance (SPG)
Template for Healthy
Weight Environments

June 2021



This resource is in three parts:

- Planning and Enabling Healthy Environments
- Planning and Enabling Healthy Environments: A Supplementary Planning Guidance (SPG) Template for Healthy Weight Environments (this document)
- Planning and Enabling Healthy Environments: Case Studies

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About this template: **Background information for health systems professionals**

The purpose of this adaptable Supplementary Planning Guidance (SPG) or planning policy template is to provide a blueprint for local authorities to use to develop their own local SPGs designed to support local people to maximise their well-being, including achieving a healthy-weight.

This document does not form part of the development plan and is not subject to independent review but must be in line with the Local Development Plan (LDP). The SPG cannot link to national policy in isolation; it must also relate to an LDP 'hook' that links to national policy. It can:

- Provide guidance to expand on topic based policy to assist in the implementation of the LDP;
- Include detail and numerical guidelines/thresholds where they may change, to avoid the LDP becoming quickly outdated;
- Provide additional detailed guidance on the type of development expected in an area allocated for development in the LDP. This could be a development brief or a more detailed master plan.

Local authorities can use this template as the starting point to create an SPG on healthy-weight environments. Once adapted, the SPG will reflect the makeup of LDP, the retail environment and present localised evidence base on health and well-being. The approach taken by this SPG can support decision-making of planning applications.

This template has been adapted from Public Health England's '*Using the planning system to promote healthy-weight environments*' (2020).

Relationship with Local Development Plans:

Where it is appropriate to add or replace with local content or evidence, or to adapt it to local policy, it is indicated by **[LOCAL]**. These sections have examples of what the SPG may look like if this policy is contained within the LDP. If it is not relevant to the LDP it can be amended or removed. Local content can be provided in the form of additional text or in graphic form such as maps or graphs. Final text within the SPG should include references and updated links to key publications, national and local policies, many of which can be found in the resource document (See Sections 2, 3, 4, 5, 6 and 7).

Supplementary Planning Guidance Template

Chapter 1 – Introduction and background information

1. Role of the Healthy-Weight Supplementary Planning Guidance (SPG)

- 1.1. SPGs can be produced to provide detailed guidance on planning policies in Local Development Plans (LDP). This additional detail will guide applicants and will be a material consideration when determining planning applications, thereby helping to provide a transparent, consistent and efficient development management system. Compliance with SPGs will promote planning applications that have the best chance of achieving planning permission.
- 1.2. SPGs should be prepared only where necessary, relevant to LDPs and be written in accordance with Planning Policy Wales, Edition 11 (PPW)¹. They should help applicants to make successful planning applications and should not add unnecessarily to the administrative and financial burdens on developments.

2. Key objectives of the Healthy-Weight SPG

2.1. The key objectives of this SPG are to:

- Inform pre-application advice of any potential health-related issues and be a material consideration when determining applications, as well as providing information and guidance that can be used to support a Health Impact Assessment (HIA) **[LOCAL]** if the LDP has such a policy];
- promote opportunities for people to live healthier lifestyles and encourage healthier options relating to food, physical activity and mental well-being;
- improve local people's health and reduce the demand on the NHS, health professionals and LA services;
- provide an evidence-based resource with supporting information and guidance;
- inform communities and provide guidance to aid with the preparation of Neighbourhood Plans; and
- inform the allocation and use of developer contributions by way of Section 106 agreements or the Community infrastructure levy (CIL) **[LOCAL]** if CIL is adopted].

¹ Planning Policy Wales, Edition 11 (2021), Welsh Government <https://gov.wales/planning-policy-wales>

3. Relationship to the LDP and national planning policy

- 3.1. PPW sets out the responsibility of local planning authorities (LPA) to promote healthy communities. Local plans should establish 'a pattern of development improving social, economic, environmental and cultural well-being'. LPAs are required to prepare planning policies and take decisions which 'develop and maintain places that support healthy, active lifestyles across all age and socio-economic groups'.
- 3.2. Chapter 4 of PPW, Active and Social Spaces, states: 'Good housing, access to services, green spaces and community facilities help to create the right conditions for better health and well-being' and 'can also be achieved through improving access to services, cultural opportunities, green spaces and recreation facilities to support people adopt healthy lifestyles'.
- 3.3. PPW has a presumption in favour of sustainable development and placemaking, with three dimensions to the concept: Active and Social; Productive and Enterprising, and Distinctive and Natural. The Active and Social theme encourages places 'which promote our social, economic, environmental and cultural well-being by providing well-connected cohesive communities'. PPW additionally highlights the important role economic infrastructure plays in contributing to cohesive communities: 'It enables people to connect and interact with each other, either in person or electronically, to increase prosperity.... and provides a place for people to work and enjoy our natural and cultural assets'.
- 3.4. The Local Development Plan Manual² refers to planning for an environment that supports good health, encourages active travel, improves access to public transport, creates high quality open spaces, and green infrastructure for recreation.
- 3.5. PPW confirms that planning can influence the built environment to improve health and promote healthy-weight in local communities. LPAs can have a role in enabling a healthier environment by supporting opportunities for communities to access a wide range of healthier food options. Policies may also request the provision of allotments or allotment gardens, to ensure the provision of adequate spaces for food growing opportunities.
- 3.6. The inclusion of health and well-being in planning policy and decision-making is clearly supported by PPW. Active environments that promote health and well-being are highlighted as relevant matters for determining local policy and the outcome of applications as well as a consideration of potential negative impacts on well-being.
- 3.7. Health is a cross-cutting issue in planning and connects into many areas within the LDP and other policies and strategies. This is because the wider determinants of health have multiple dimensions across the economy, environment and society. Of particular importance to note are: **[LOCAL Local authority with local content should be added, including links to local plans, policies and wider priorities set out in health strategies]**.



² Local Development Plan Manual, Welsh Government <https://gov.wales/development-plans-manual-edition-3-march-2020>

4. The rationale (policy context and evidence) for promoting healthy environments through planning.

Demographic data and Well-being Assessments

- 4.1. Nationally, nearly 60% of adults and 27% of 4-5 year olds are overweight and obese, and that trend is increasing (Public Health Wales Observatory)³. Diet, physical activity and a healthy-weight are key factors in determining the future health of an individual. The national data is reflected in local areas: figures are higher in areas with greater levels of deprivation; for children aged 4-5 years there is a 6% gap between obesity levels in the most and least deprived areas of Wales [30].
- 4.2. **[LOCAL]** Local data should be used to set out the position in a LA area, referencing Health Needs Assessments, Public Health Outcomes Framework (PHOF), locally collected data, including obesity figures, and strategies].

National policy context

- 4.3. The Foresight report 'Tackling Obesities: Future Choices Project Report' (2007) sets out the drivers and complexity of obesity across the UK, together with scientific and other evidence, which confirmed that energy intake and expenditure is determined by a complex multifaceted system of determinants (causes)⁴.
- 4.4. Changes to our environment (including both the physical activity and food-related environment) are a necessary part of any response to support behaviour change and appropriate behaviour patterns. Solutions to address the obesogenic environment such as changes in transport infrastructure and urban design can be more difficult and costly than targeting intervention at the group, family or individual. However, they are more likely to affect multiple pathways within the obesity system in a sustainable way.



³ Obesity in Wales (2019), Public Health Wales Observatory <https://phw.nhs.wales/topics/obesity/obesity-in-wales-2019/>

⁴ Tackling obesities: future choices (2007), Foresight Programme, UK Government <https://www.gov.uk/government/publications/reducing-obesity-future-choices>

- 4.5. The Welsh Local Government Association in 2015 called for local governments to use their powers to implement a 400 metre exclusion zone for fast-food vendors around schools to help protect student health. The National Institute for Health and Care Excellence (NICE) Public Health Guideline on Cardiovascular Disease Prevention (PH25) recommends action to encourage local planning authorities to restrict planning permission for hot food takeaways (HFTs) and other food retail outlets in specific areas (for example, within walking distance of schools). NICE Guideline NG90 – ‘Physical activity and the environment’ outlines best practice to promote physical activity by improving the physical environment⁵.
- 4.6. The Welsh Government ‘Healthy Weight:Healthy Wales’ strategy highlighted the need to tackle a major health issue with children starting school overweight⁶. In 2020, more than 1 in 4 Welsh children start school either overweight or obese. Among a range of measures, they include by 2030: a ban on public advertising of unhealthy foods, ambitions for mandatory calorie labelling in the out of home sector, limits placed on the establishment of HFTs around schools and communities, a restriction on price promotions on less healthy foods and a ban on the sale of energy drinks to children.
- 4.7. Rethinking Food in Wales: Public Procurement of Food⁷, provides guidance from the Welsh Assembly, on procuring healthier and more sustainable food by the public sector and a framework for suppliers and producers. This can be used in conjunction with resources such as ‘Sell2Wales’⁸ and the National Procurement Service⁹.

Defining a healthy-weight environment

- 4.8. A healthy-weight environment supports people in maintaining a healthier weight and avoiding becoming overweight or obese through the way in which a place is designed and the facilities it provides. It encourages physical activity, provides opportunities for sustainable transport and prioritises active travel. These environments help people to build physical activity into their daily lives, create a broader food offer and enable easier access to support services. They promote good air quality and an appropriate soundscape that encourages active lives and social engagement.
- 4.9. In ‘Planning healthy-weight environments’, the Town and Country Planning Association (TCPA) set out six elements to help achieve healthy-weight environments through the planning process¹⁰. These provide a useful framework for local authorities and developers to consider the impact of new developments and the ways in which they can be designed to support people to maintain a healthy-weight. The six elements are: **movement and access; open spaces, recreation and play; food environment; neighbourhood spaces; building design; and local economy.**
- 4.10. Key features of these elements are creating places that:
- **prioritise walking, cycling and mass transit** through simple changes such as dedicated cycle lanes, well-placed bike racks and wide, well-lit pavements, which encourage individuals to leave their cars at home;

⁵ Physical activity and the environment, NICE Guideline NG90 (2018), <https://www.nice.org.uk/guidance/ng90>

⁶ Healthy Weight : Healthy Wales, Public Health Wales, (2019), <https://gov.wales/healthy-weight-strategy>

⁷ Rethinking Food in Wales: Public Procurement of Food (2018), National Assembly For Wales <https://www.assembly.wales/laid%20documents/cr-ld11576/cr-ld11576-e.pdf>

⁸ Sell2Wales <https://www.sell2wales.gov.wales/>

⁹ National Procurement Service <https://gov.wales/national-procurement-service>

¹⁰ Planning for Healthy-Weight Environments (2014), TCPA, <https://www.tcpa.org.uk/older-publications>

- **provide communal spaces** that support well-being and encourage active behaviour in children and adults, with good air quality and appropriate soundscapes;
 - **create buildings which are able to promote a healthy lifestyle**, such as building homes with kitchens big enough for people to store, prepare and cook meals and eat together, or commercial building design that encourages the use of stairs; and
 - **tackle the food environment** such as limiting clustering of takeaways close to schools, working with local retail outlets to provide healthier options and providing local spaces for food growing.
- 4.11. This SPG provides expectations of how planning applications for development can be considered within the context of the six elements to help achieve healthy-weight environments identified by the TCPA.

Chapter 2 – Priority areas for action

5. Priority 1 - Provision of a balanced local food environment, which promotes healthier options

- 5.1. This section highlights that planning can influence the built environment to improve health and promote healthy-weight in local communities. It states that local planning authorities can have a role in enabling a healthier environment by supporting opportunities for communities to access a wide range of healthier food production and consumption options.

[LOCAL] LA to add details of links to relevant local plan policies]

Takeaways and local retail food provision

- 5.2. The majority of HFTs offer food and drink which is energy dense and high in fat, salt or sugar. HFTs within easy walking distance, provide a less healthy but often attractive and affordable food option for school pupils and could be a contributing factor to poor eating habits in children and counter healthy eating programmes within schools.
- 5.3. In order to create a local environment, which promotes and supports the local community's health, the Council wishes to minimise the proliferation of HFTs, particularly in the vicinity of schools and community centres.
- 5.4. There are publications and research papers that identify a need to limit the availability of HFTs as part of a strategic approach to promote healthy-weight and the subsequent costs to society and health care services. These publications include details of the evidence base on which their findings and recommendations are based. For example NICE Public Health Guideline on Cardiovascular disease prevention (PH25) recommends action to encourage local planning authorities to restrict planning permission for takeaways and other food retail outlets in specific areas (for example, within walking distance of schools)¹¹.
- 5.5. A broad consideration should be taken as to the density of takeaway food outlets in relation to socioeconomic deprivation, as studies have established higher numbers in

¹¹ Cardiovascular disease prevention (PH25) (2010), NICE, <https://www.nice.org.uk/guidance/ph25>

areas of higher deprivation which can also relate to higher levels of obesity in those areas.

- 5.6. Improving the quality of the food environment around schools has the potential to influence children's behaviour through their food-purchasing habits. It is important to note that taking action on HFTs is only part of the solution, as it does not address confectionery and other food that children can buy in shops near schools.
- 5.7. Less healthy food is typically sold from **LOCAL** and at a range of premises within a variety of other businesses, such as coffee or sandwich shops, bakeries etc. However, although they may also sell less healthy food, this often tends to be a smaller proportion of the goods on offer compared to many HFTs. These businesses can provide an essential service to local communities providing local access to food, provide part of the local community infrastructure and improve the vitality of local centres. The LA will work with food business to promote healthy eating through its out of home food environment approach. The degree to which the sale of HFT items are ancillary to the main use within A3 premises is not defined, but appeal decisions have held this to be 4 - 10% of total sales.
- 5.8. [**LOCAL** LA to supplement with details of numbers and location of existing outlets using the Feat tool or other local studies].
- 5.9. **LOCAL**

The following criteria will be used for managing planning applications which have an element of fast food to promote healthier food environments:

Concentration and Clustering of Hot Food Takeaways

- Applications for new A3 HFTs should not lead to an overconcentration of A3 HFTs uses within any one individual locality by overly dominating the street scene or have an adverse impact on the standard of amenity for existing and future occupants of land and buildings. It is also appropriate to control the number of outlets where there are concerns regarding levels of obesity or where it exceeds average densities.
- Decisions regarding appropriate concentrations of HFTs will be based on the following factors:
 - within primary frontages, no more than X% of the frontage will be in A3 takeaways use;
 - within secondary frontages, no more than X% of the frontage will be in A3 takeaways use;
 - within Local Centres or Neighbourhood Centres, no more than X% of the frontage will be in A3 takeaways use;
 - at all locations no more than 2 HFTs being located adjacent each other;
 - at least 2 non-HFT units between groups of HFT units;
 - locations where there are high levels of obesity, planning permission will not be granted for A3 HFT use in wards where there is more than X% of pupils aged 4-5 years old classified as obese;

planning permission will not normally be granted for A3 HFTs use where the number of approved A3 HFT establishments, within the ward, equals or exceeds the UK national average, per 100,000 population.

Location of HFTs

5.10. LOCAL

Applications for A3 HFTs will not be granted at locations closer than 400 metres from an entrance to a primary or secondary school, youth centre, or similar location.

- 5.11. The 400m distance is recognised as a reasonable walking distance, which equates approximately to a 5-minute walking time, and is suitable given the length of normal school break times.
- 5.12. The evidence and publications suggests that limiting the availability of takeaways within walking distance of schools can contribute to tackling the rising levels of obesity and other health impacts such as cardiovascular disease. 400 metres has been considered a reasonable walking distance and is outlined within the Urban Design Compendium¹² and CIHT Guidelines for providing journeys on foot. The 400 metre zone is an accepted standard across many planning policies.
- 5.13. This principle includes primary schools even though it is acknowledged that the majority of primary school pupils are not permitted out of the school grounds during the school day, and pupils are likely to be accompanied by a supervising parent, guardian or adult, during the journeys to and from school. Some primary school children, such as those in year 6, are allowed to walk to and from school on their own, in preparation for the transfer to secondary schools. It is noted that families may use HFT on the way home from school and the presence of an adult does not necessarily mean that take away food will not be purchased and subsequently consumed by children. The Council considers the issue of primary school children using A3 HFT units is a concern that should be addressed alongside secondary school pupils.
- 5.14. Each application will be considered on its own merits and the 400m zone must be considered in the context of the local topography and context of the individual application. There are mitigating factors that can be considered, for example the potential for natural or man-made barriers that limit accessibility from schools, even within the 400m direct line exclusion zone.

Operational control

5.15. LOCAL

In order to minimise impact on the local environment, amenity and promote a healthy-weight environment it may be appropriate to control the operational and opening hours of the premises.

¹² Urban Design Compendium, Home and Communities Agency (2000), <https://www.gov.uk/government/publications/urban-design-compendium>

- 5.16. Where an application for a HFT has been granted within an exclusion zone the business shall not be open during school breaks and at times covering the beginning and end of the normal school day.
- 5.17. In cases where planning permission is granted, it may be appropriate to restrict opening hours in order to support the provision of a healthy-weight environment. Where planning permission is granted, operating hours will be controlled via planning conditions (acceptable hours therefore vary depending on the location of the takeaway).
- 5.18. Premises selling hot food may also require a Premises Licence. It must be noted that restrictions placed on the hours of operation of premises through a planning permission may be different to those granted in a Premises Licence.

Availability of healthier options

- 5.19. Operators of HFTs are encouraged to support the LA healthy eating priorities and to provide healthier food options and nutritional information at the point of sale. Although planning cannot directly relate to the type of food being sold, it is appropriate to highlight the issue to food operators during the planning process. In addition partnerships with local food outlets and suppliers might involve:
 - reducing the price difference between healthy and unhealthy foods;
 - discounts on healthier products with outlets signed up to health catering schemes;
 - collaborating on labelling to highlight healthier food choices, such as less salt;
 - ensuring food suppliers can offer outlets healthier foods at more competitive prices and placing healthier products in prime viewing spots within the retail environment.

There are more suggestions in publications such as [‘Strategies for Encouraging Healthier ‘Out of Home’ Food Provision: A toolkit for local councils working with small food businesses’](#), commissioned by Public Health England¹³.

Allotments and Community Food Growing Spaces

5.20. LOCAL

Developments should provide an appropriate space for the provision of allotments and spaces for local food growing.

- 5.21. The provision of allotments on new developments will assist the LA in meeting its duties and assist with local waiting lists.
- 5.22. Popularity of allotments in Wales remains high, with many regions having high waiting lists **[LOCAL Local Authority to add relevant local evidence]**.
- 5.23. The growing of food in any new developments must be seen as a normal option to be integrated into other green space. Housing developments (including mixed-use schemes)

¹³ Strategies for Encouraging Healthier 'Out of Home' Food Provision: A toolkit for local councils working with small food businesses (2017), Public Health England, https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832910/Encouraging_healthier_out_of_home_food_provision_toolkit_for_local_councils.pdf

exceeding [[LOCAL X]] dwellings are required to contribute towards the provision of allotments, community green space and edible green space. This should be accessible to all members of the local community.

- 5.24. Redevelopment of existing allotment sites for other uses will not be permitted unless alternative, suitable provision is provided.
- 5.25. The local standard for allotments is [[LOCAL X]] 0.3 hectares per 1,000 population, within a [[LOCAL X]] minute walk time/distance, with a minimum size [[LOCAL X]] hectares. Smaller provision can be considered on a case by case basis. The term 'allotments' may be widely interpreted, but it must be protected as an allotment/food growing space for current and future residents.
- 5.26. Allotment and community growing opportunity can be challenging in high density situations but new developments create the potential to incorporate food growing opportunities in their design. The standard provision of gardens and allotments will continue, but the creative use of roofs, walls and balconies where external space is limited should be considered. It might also include landscaping with edible plants rather than ornamental trees and shrubs.
- 5.27. The design of the new allotment site should be carried out in consultation with the plot holders and their association, and with relevant national and regional organisations, especially the National Allotment Society¹⁴. It should incorporate features and designs to enable access and use across the life course. Guidance is available from the National Allotment Society. Raised beds are also acceptable as a way of providing growing space where there is poor ground, hardstanding or on rooftops. Raised beds should be designed to be accessible for wheelchair and sitting gardening.

6. Priority 2 - Promoting active travel, physical activity and connectivity

6.1. This section covers:

- movement and access;
- open spaces;
- recreation and play;
- air quality and soundscape.

[[LOCAL LA to add details of links to relevant local plan policies]]

- 6.2. When considering development proposals, the LA will take a positive approach that reflects the presumption in favour of sustainable development contained in PPW. Sustainable development includes promoting accessibility to everyday facilities, especially those without a car. NICE guidelines covering physical activity and the environment will form the basis of good design.
- 6.3. As well as encouraging physical activity, access to open and green and blue space, spaces for play, sports and other recreation facilities promotes better mental health and well-being. This is achieved by providing opportunities for relaxation and stress reduction through facilitating social interaction within communities including those people who may feel 'excluded' for particular reasons. Public open spaces are the 'glue' that binds a place and community, making it accessible, attractive and safe and an easy place to move around. It is considered that the provision of functional open space is necessary in order to achieve active, healthy and integrated communities.

¹⁴ The National Allotment Society, <https://www.nsalq.org.uk/>

- 6.4. In addition to benefits of improving the physical and mental health of residents, access to well-designed open green and blue space promotes increasing bio-diversity in cities, reduces carbon emissions associated with long distance food distribution, and helps to green the urban landscape. Green walls and roofs can contribute to reducing the effects of urban heat islands, increase energy savings and reduced carbon emissions.

Provision of green and blue space

6.5. LOCAL

Developments should provide an appropriate quality, quantity and variety of open space, including new and improved existing open green spaces, allotments, community gyms, leisure and recreation facilities to achieving better health and well-being for the population.

- 6.6. Open spaces should be designed to be accessible to all and follow lifetime neighbourhood principles. Children's play areas and outdoor community uses will be encouraged and should be placed in accessible locations that are within a reasonable travel distance. Commercial sites should provide accessible space that promotes physical activity by those employed on the site, e.g. walks, trails or communal open space.
- 6.7. When assessing open space provision and usage, reference will be made to existing open space policies in order to determine appropriate standards for the provision of open space, sports and recreation facilities. This takes into account the multiple benefits delivered through the various functions of open space including: strategic functions; urban quality; promoting health and well-being; havens and habitats for flora and fauna; as a community resource; and as a visual amenity.
- 6.8. Any new or redevelopment of open or green space should be assessed. In some cases poor quality green space which is replaced by smaller higher quality space may well provide greater benefits on balance. The quality of the provision of green space should be assessed, for example by the use of:
- Building with Nature¹⁵;
 - Natural Resources Wales Green Space Tool and Natural England's Accessible Natural Greenspace Standard (ANGSt) tool¹⁶;
 - The Outdoor recreation valuation (ORVal) tool¹⁷;
 - Natural Capital Planning Tool¹⁸; and
 - Green Flag Award standard¹⁹.
- [LOCAL LA to add details of any local open space assessments, standards or guidance]

¹⁵ Building with Nature Standards, <https://www.buildingwithnature.org.uk/about>

¹⁶ Accessible Natural Green Space Standards in Towns and Cities, Natural England <http://publications.naturalengland.org.uk/publication/65021>

¹⁷ Outdoor Recreation Valuation Tool (ORVal: Version 2.0), <https://www.leep.exeter.ac.uk/orval/>

¹⁸ Natural Capital Planning Tool, <https://ecosystemsknowledge.net/sites/default/files/wp-content/uploads/2017/events/Housing-infrastructure-wkshop/OliverHolzinger-Cranfield-Oct17-presentation.pdf>

¹⁹ Green Flag Award, <http://www.greenflagaward.org.uk/>

Design of the built and natural environment / public sphere

6.9. LOCAL

Development proposals should enhance opportunities to use public transport and the provision of high quality infrastructure to support active travel (e.g. walking and cycling) and also incorporate the creation of lifetime neighbourhoods and 'walkable neighbourhoods'. How will the proposals impact on local air quality and the soundscape, positively or negatively? Will the intended use of a development be affected by existing noise or poor air quality?

- 6.10. Proposals linked to existing walking and cycling networks (such as public rights of ways, towpaths etc) and improvements will be looked on favourably. Developments should include travel plans and include links to existing walking and cycling networks where possible. Travel plans should anticipate transport impacts of the development and establish measures to promote and encourage sustainable and active travel, such as promoting walking and cycling. Travel plans should be integrated into the design and occupation of the new site rather than retrofitted after occupation.
- 6.11. Travel plans should positively contribute to:
- encouraging sustainable and active travel;
 - lessening traffic generation and its detrimental impacts;
 - reducing carbon emissions and climate impacts;
 - creating accessible, connected, inclusive communities;
 - improving road safety; and
 - reducing the need for new development to increase existing road capacity or provide new roads.
- 6.12. Development should set out within a Design and Access Statement how they have addressed accessibility. This can be by way of appropriate designs, choice and siting of street furniture, road design and pedestrian interaction, adequate lighting and other actions to ensure an area that is not only safe but free from the fear of crime and disorder. This should be used to develop physical and social features that support lifetime neighbourhoods. The [Active Design²⁰](#) guide, produced by Sport England contains useful checklists to help assess the ability of developments to deliver more active and healthier outcomes.
- 6.13. When considering the detail of development, proposals should:
- give priority to pedestrians and cyclists through the design and layout of development including traffic calming measures;
 - connect major new residential development to existing walking and cycling networks, and in particular consider convenient, safe and attractive access to employment, homes, schools and public facilities;
 - promote 'active travel' in the design of major new housing and commercial developments, i.e. bike storage, showers, clothes drying facilities;

²⁰ Active Design Guide, Sport England, <https://www.sportengland.org/how-we-can-help/facilities-and-planning/design-and-cost-guidance/active-design>

- seek to reduce noise and air pollution along active travel routes;
- ensure design of places and spaces allows direct and safe movement for people and that public spaces are well maintained and safe, to encourage their use;
- consider natural surveillance in the design of development proposals;
- design recreation areas and natural green and blue spaces to encourage human interaction for all ages and abilities;
- as far as is reasonably practicable ensure that everyone at every life stage has the facilities and services they require, for example, public toilets, appropriate street furniture design and shading; and
- where possible, ensure new employment developments should include attractive and safe outdoor areas or good links to existing outdoor areas that will give employees opportunities for recreation.

6.14. Proposals should consider air quality and the soundscape in line with the requirements of PPW and current best practice guidance on those subjects, including any relevant Welsh Government Technical Advice Notes.

7. Priority 3 - Building design

7.1. LOCAL

The buildings in which we live and work should promote physical activity as part of our normal routine and promote healthy eating.

[LOCAL] LA to add details of links to relevant local plan policies]

7.2. In order to meet the aims of this guidance buildings should be designed and constructed, where possible, with reference to the following:

- homes should have adequate access and spaces for secure cycle storage;
- developments include private or semi-private outdoor space, such as a front or back garden, and/or adequate-sized balconies;
- car parking spaces per dwelling are minimised, and on-street car parking does not compromise safe walking and cycling networks;
- non-domestic buildings or communal areas have attractive, highly visible and signed stairwells close to the entrance or exit points. Internal design and layout should promote physical activity;
- Developments should create opportunities to create healthy workplaces, which make the most of opportunities to encourage physical activity, healthy eating and positive mental well-being. This might include access to sports facilities/gyms (indoors and outdoors), informal areas for employees to relax or take part in physical activity and/or social interactions;
- non-domestic buildings, such as work places include cycle racks/cycle storage and changing/shower facilities;
- developments should include a travel plan that promotes sustainable transport; and

- as far as is reasonably practical ensure that everyone at every life stage has the facilities and services they require, including breastfeeding facilities, baby changing, public toilets, appropriate street furniture.

7.3. Schools are a key environment to promote a healthy lifestyle and as such the design and operation of schools is important. Schools should:

- Develop school travel plans that encourage active travel to schools, for example walking buses;
- develop healthy eating policies;
- develop safe routes to school and as such schools should be orientated and have a layout away from high traffic volumes and makes best use of the cycle and walking network;
- consider safe drop off points away from the school. This is to encourage some physical activity and also to reduce congestion and vehicle emissions adjacent to schools. Traffic congestion is exacerbated by children being driven sometimes quite short distances to school and so where possible schools should separate pedestrian and vehicular access to schools; and
- have sufficient access to well designed and maintained green space, play areas and sporting facilities.

8. Priority 4 - Local economy.

8.1. Having neighbourhoods with sustainable travel and an appropriate mix of businesses will support economic activity but also promote health. Retailers report an increase in trade of 40% when places are made more attractive for walking. The need to travel can be a barrier to employment or training and therefore life opportunities.

[LOCAL] LA to add details of links to relevant local plan policies]

8.2. [LOCAL]

Local centres should be designed and constructed with reference to the following:

Town centres and high streets

- development enhances the vitality and viability of the local centre by providing a more diverse retail offer including a range of food options, within 400-800m of the majority of the housing development;
- the centre should be easy to get to by public transport and is on walking and cycling networks;
- facilities are provided for people walking and cycling, such as conveniently located benches, toilets and secure bike storage.

Job opportunities and access

- offices and other employment sites should be easy to get to by public transport, walking or cycling;
- development improves sustainable transport access to existing jobs.

9. Priority 5 - Neighbourhood spaces



9.1. Well connected and attractive public places and streets can encourage play, physical activity, social cohesion and active travel.

LOCAL LA to add details of links to relevant local plan policies]

9.2. Feeling unsafe within a neighbourhood is associated with a series of negative health outcomes and can prevent people from using the built and natural environments to undertake physical activity or to play in. An attractive and well-designed public sphere promotes use and enhances safety.

9.3. **LOCAL**

Developments should be designed to promote the use of community space and lifetime neighbourhoods.

9.4. In order to promote the use of community space and lifetime neighbourhoods, and following Active Design principles, developments should:

- provide community facilities early as a part of new development to help people feel connected and to provide a local destination. This should be achieved in consultation with residents where possible;
- ensure community facilities such as healthcare services and leisure centres are co-located if appropriate;
- provide community facilities that are easy to access from where people live, well signposted, close to public transport and on walking or cycling networks;
- be designed to allow public spaces that are flexible, durable and support civic, cultural and community functions, such as local markets and food stalls;
- have public spaces that are easy to get to by public transport and are on walking and cycling networks;

- have connected street patterns, with short trip distances between common destinations. Street patterns should minimise the distance between origins and destinations by active travel means, and allow for several possible routes. Layouts overly dominated by cul-de-sacs tend to reduce connectivity and walking but can support street play;
- provide areas that are attractive and easy to find your way around. Areas are more walkable if they are 'legible' – i.e. if they have characteristics such as landmarks, boundaries, nodes where paths meet, which are distinctive and that enable people to find their way around;
- residential areas designed to give priority to the needs of pedestrians, cyclists and children. Fear of traffic and 'stranger danger' are the two major reasons why parents are reluctant to allow children to play outside. Current recommendations advise that pre-school children should be physically active for at least three hours a day and that school-age children should do moderate to vigorous physical activity for at least one hour a day; and
- designing residential environments to allow children to play safely outside, for example by providing playgrounds which have natural surveillance, using shared space and 'Home Zone' principles.

10. Priority 6 - Developer Contributions

- 10.1. Section 106 (s106) planning obligations along with Community Levy (where the LA has instigated these) are levers that have the potential to be used to help secure a healthy environment in granting planning permission, if they meet the statutory tests of:
- necessary to make the development acceptable in planning terms;
 - directly related to the development; and
 - fairly and reasonably related in scale and kind to the development.

- 10.2. These financial contributions can include initiatives to tackle childhood obesity, such as providing facilities in green spaces and play areas to encourage physical activity and improvements to the walking and cycling environment, healthy eating campaigns and promoting healthier food options.

11. General approach

- 11.1. Planning applications in relation to existing and new A3 uses which intend to have an increase or new element of A3 HFT use, will also be considered in the light of the above guidance proportionate to the extent of the overall impact of the 'A3 takeaways aspect'.

12. Monitoring and review

- 12.1. It is essential to check that the SPG is being implemented correctly, that the desired outcomes are being achieved and if not, what corrective action needs to be undertaken. Given the complexity of delivering healthy-weight environments monitoring should be considered as part of a wider systems approach to obesity.

- 12.2. This will have been done through a regular process of monitoring against a set of indicators, reported in the Annual Monitoring Report (AMR) or other processes as agreed with the relevant departments such as public health and environmental health. **[LOCAL LA to highlight relevant AMR and other indicators]**.
- 12.3. Such indicators may include:
- obesity among young children and young people (4-18 year olds);
 - monitoring levels of obesity amongst the adult population;
 - obesity levels will be measured in reception aged children (4-5 year olds) and those in year 6 (10-11 year olds);
 - numbers of children rating their health as good or very good through local surveys; or frequency of HFT usage;
 - proportion of children consuming at least 5 portions of fruit or vegetables a day;
 - levels of physical activity amongst adults and children;
 - air quality indicators;
 - traffic incidents and mortality;
 - protecting and enhancing the landscape;
 - number of new permissions for A3 takeaways use class;
 - density of A3 takeaways units per 100,000 population at authority and ward levels;
 - evaluations involving the use of s106 contributions; and
 - success at appeals.
- 12.4. This document will be reviewed in accordance with policy timelines, changes in national or local planning policy or as a result of the monitoring of this SPG.

