

NHS Healthy New Towns:

Building-in health to planning and design

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#HealthyNewTowns

Why is the NHS getting involved with houses and highstreets?

Household growth

Older people spend between 70 & 90% of time in their homes



Public realm

Creating environments where health is 'designed in' can help people can maintain their independence

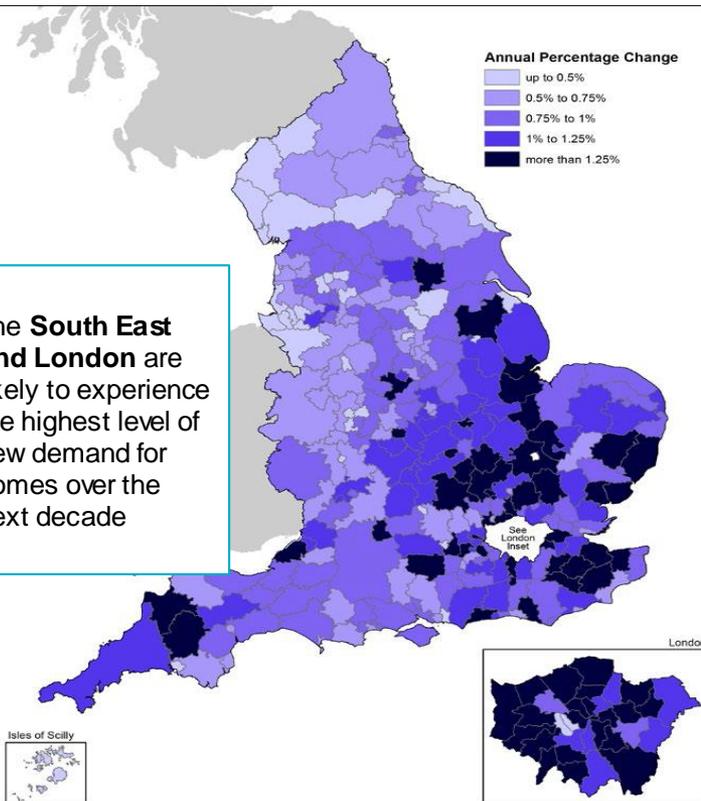


A changing population profile highlights the opportunity to think differently about needs of home owners over their life course

The next 5 years will see an ever increasing demand for new housing alongside an ageing population

Household growth

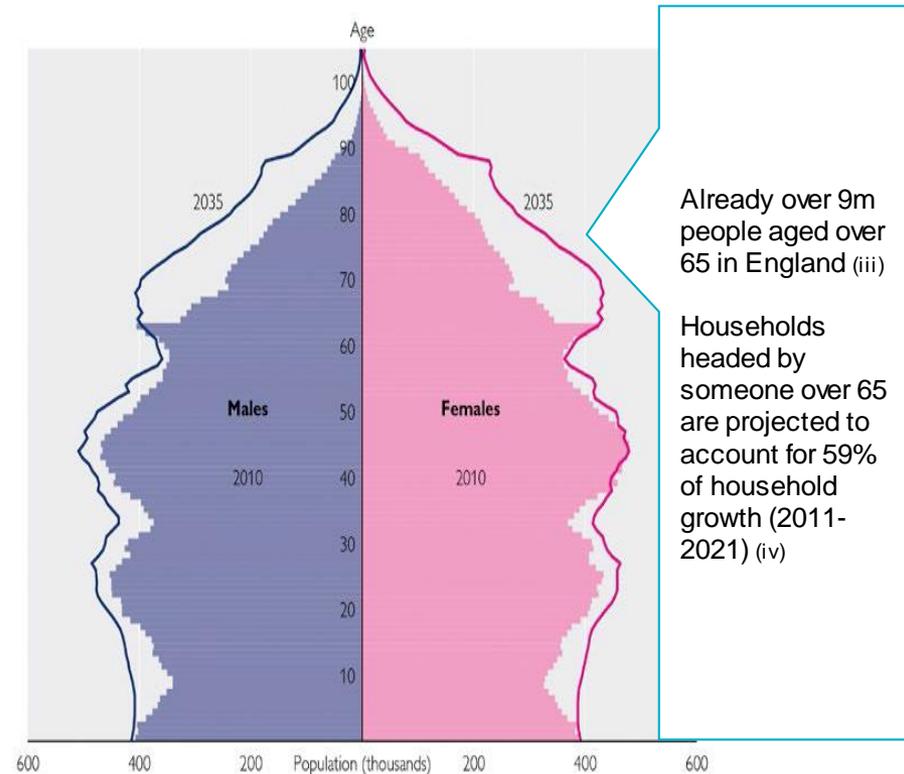
Projections for household growth to 2021⁽ⁱ⁾



The **South East and London** are likely to experience the highest level of new demand for homes over the next decade

Ageing population

Estimated and projected age structure of the UK population (thousands), mid-2010 and mid-2035⁽ⁱⁱ⁾



Already over 9m people aged over 65 in England (iii)

Households headed by someone over 65 are projected to account for 59% of household growth (2011-2021) (iv)

New developments will need to respond to the demand for housing, but also the needs of the population

The *Five Year Forward View* sets out our ambition to build healthier places



“New town developments and the refurbishment of some urban areas offers the opportunity to design modern services from scratch, with fewer legacy constraints - integrating not only health and social care, but also other public services such as welfare, education and affordable housing.”

Five Year Forward View

*“These areas would take a ‘first principles’ approach to **designing how health and wellbeing should be promoted, and how services should be delivered**, from rethinking the physical design of the infrastructure, to **embracing new technologies and encouraging the deep integration of health and care with supported housing and other public services.**”*

The Forward View into Action

The Healthy New Towns programme

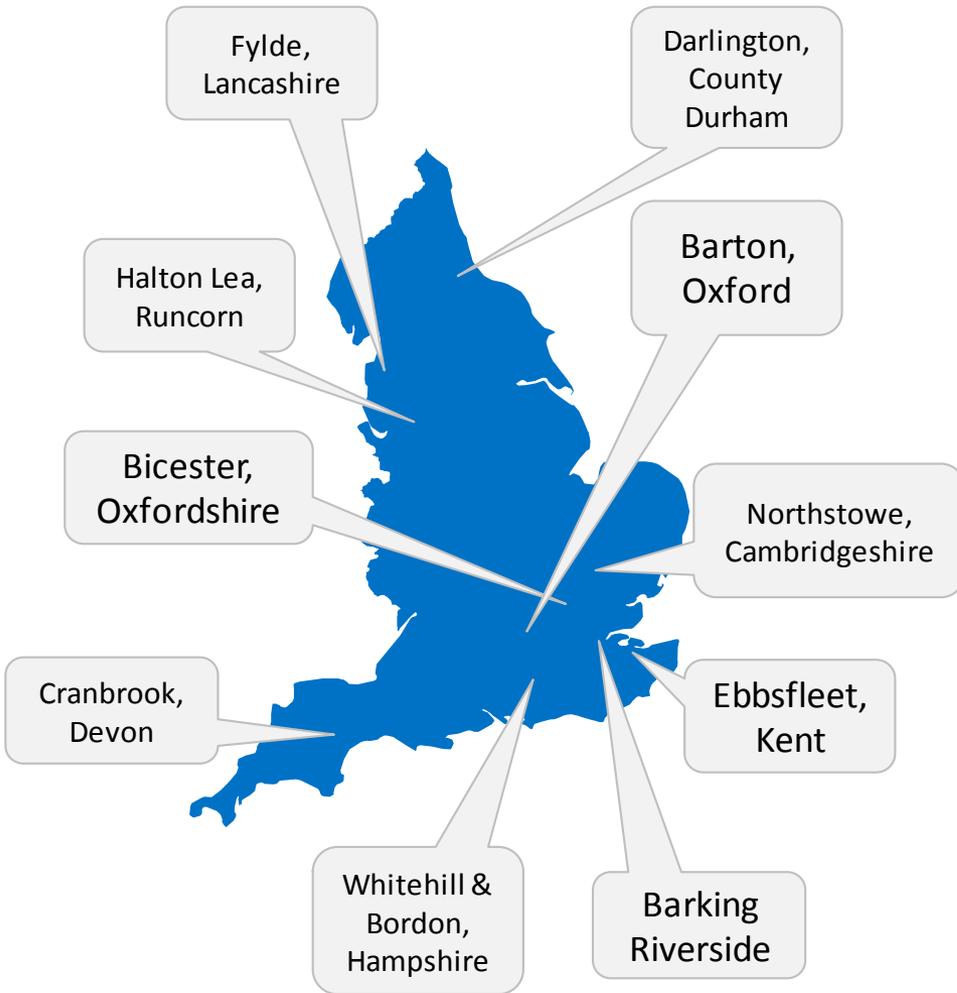
NHS England's Five Year Forward View set out ambitions to scale up prevention and deliver new models of care. New housing developments are an ideal opportunity to bring design the urban environment and service delivery from scratch.

The Healthy New Towns programme aims to:

- To shape new towns, neighbourhoods and communities to **promote health and wellbeing, prevent illness and keep people independent;**
- **To radically rethink delivery of health and care services** in areas free from legacy constraints, supporting learning about new models of deeply integrated care
- To **spread learning and good practice** to other local areas and other national programmes

Demonstrator Sites: the core of the programme

114 applications, 10 sites chosen

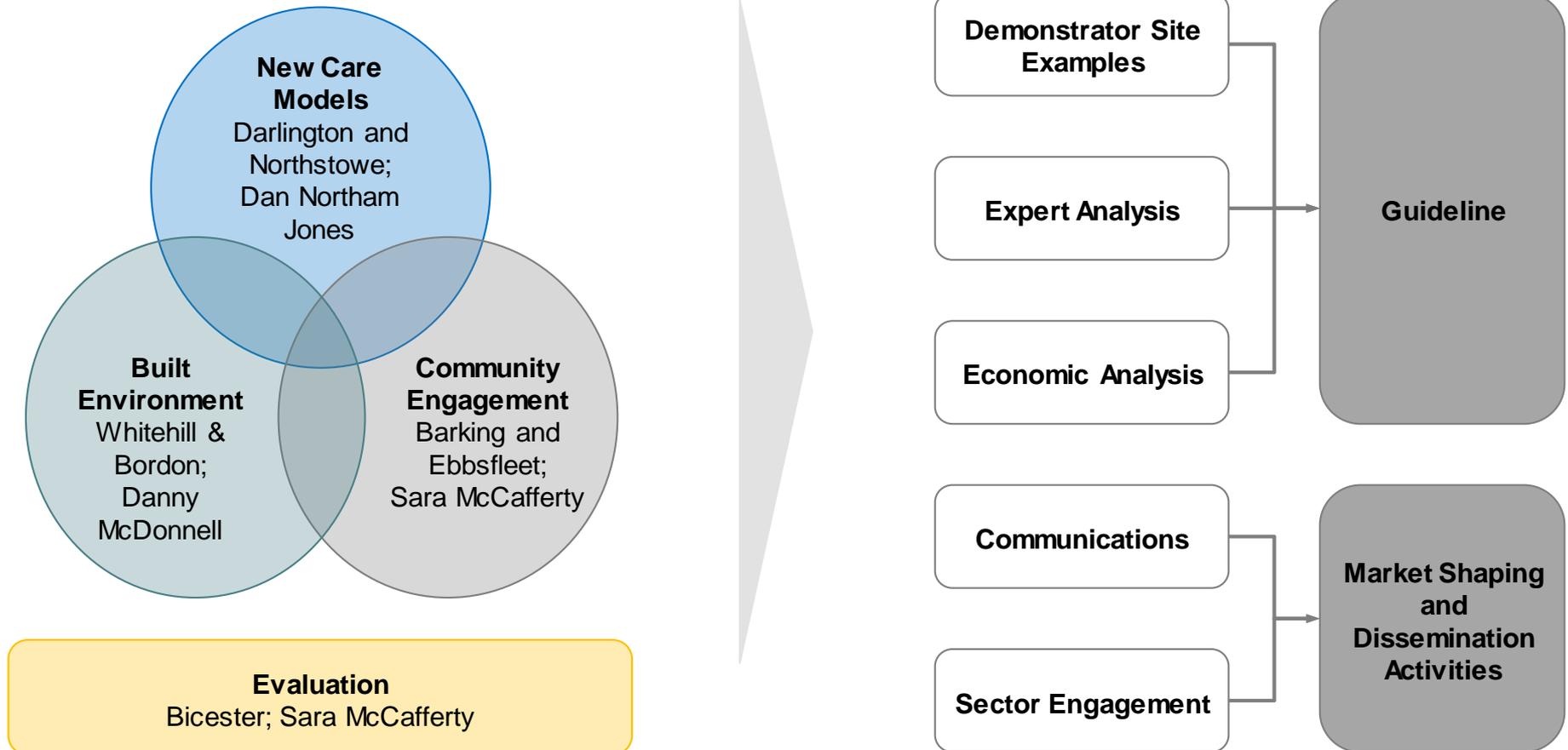


Site	Region	Approx. number of new homes	Type
Fylde	North	1,400	Greenfield
Darlington	North	2,500	Mixed
Halton	North	800	Brownfield
Bicester	South	6,000	Greenfield
Whitehill & Bordon	South	3,350	Brownfield
Cranbrook	South	8,000	Greenfield
Barking	London	10,800	Brownfield
Northstowe	East	10,000	Greenfield
Ebbsfleet	South	15,000	Brownfield
Barton	South	890	Greenfield

Structure for the programme (now until March 2019)

In addition to providing further support to sites to enable them to implement their delivery plans in 2017-18 and 2018-19, we will establish four collaborative groups with three key objectives:

- Sharing learning between demonstrator sites
- Co-ordinating demonstrator site input to national programme outputs
- Contributing to national workstreams.



Delivering outputs in line with the 5YFV and building healthier places...

Priority	Sub-themes	Delivering outputs (Not exhaustive)
1 New Care Models	Contracting & Service Planning	<ul style="list-style-type: none"> Service specifications, business cases and designs
	Digital tech	<ul style="list-style-type: none"> Data models and applied examples of demographic modelling and population health Prototype deployments of digital technology to enhance new care models in new developments
	Estates	<ul style="list-style-type: none"> Technical designs of Health Campus/Hub buildings
2 Built Environment	Planning Process	<ul style="list-style-type: none"> Exemplar s106 agreements, development Masterplans and Local Plans reflecting HNT principles
	Housing Design	<ul style="list-style-type: none"> Specification and planning principles for including housing adapted for the needs of high-risk groups (eg elderly) in new developments
	Public Realm & Environment	<ul style="list-style-type: none"> Designs to increase accessibility of public space, particularly for high-risk groups; and that promote independence through street furniture and enhancements
	Active Travel	<ul style="list-style-type: none"> Tested interventions to improve use of public transport, cycling, walking and running
3 Community Engagement	Behaviour Change & Healthy Lifestyles	<ul style="list-style-type: none"> Public health interventions deployed in new town contexts, including on healthy eating and gardening, sports and exercise
	Community Participation	<ul style="list-style-type: none"> Exemplar partnership agreements between new towns and schools, employers and community groups to integrate services, enhance social connections, and promote health, well-being and independence

Evaluation will underpin these three key priority areas

Examples: play and wellbeing at school/work

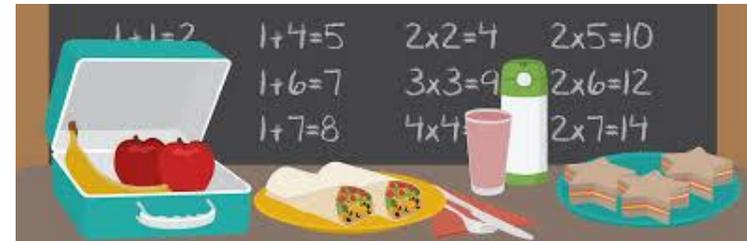
Ebbfleet

- 10- 15,000 homes
- Launching a model play and green space competition with the Landscape Institute to gather best design ideas to encourage activity and improve health outcomes.



Bicester

- 6,000 homes
- Priorities include increasing physical activity & reducing isolation
- Working with schools and employers to facilitate healthy learners and wellbeing at work programmes.
- Six steps to 'healthier you'



Healthy
WORKPLACE

Bicester

Six steps to Healthier You

Take notice of what you are eating

More vegetables and fruit will keep you healthy



Say hello to your neighbours

Your community is your support



2



Sit less, move more

Physical activity will give you more energy



5



Do something new today

Learning new things will lift your mood



Do something for others

It will make you feel more positive



Find one thing that makes you smile today

Stress is your enemy. Keep it away!



Examples: active commute & walkability

Northstowe

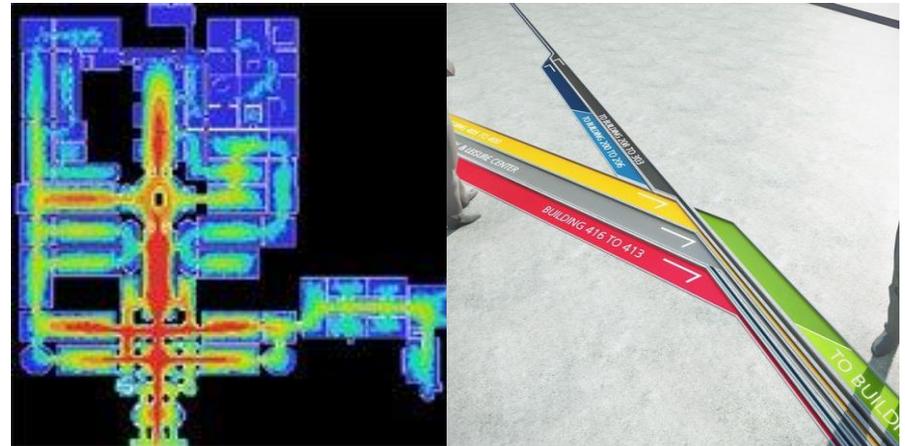
- c10,000 homes
- Longstanton Park and Ride station
- Pilot of a cycle loan and repair facility
- Linking independent and public transport on a major route

Bike & Ride



Cranbrook

- 8,000 homes
- Working with innovative Space Syntax
- ...to test and create enhanced network which optimises flow for active transport and social connectedness

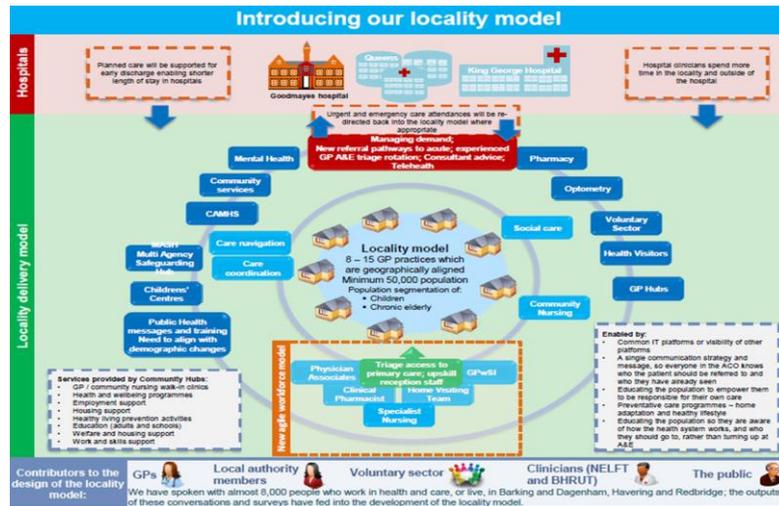


Examples: new care models

Barking

- 10,800 homes
- Start: 2016
- Completion: 2031

‘Meantime provision’ locality model which includes linked GP practices with agile workforce supported by community hubs



Whyndyke Garden Village

- 1,400 homes
- Start: 2017
- Completion: 2032-2037

Whyndyke Farm will form a new suburb of Blackpool. It is adjacent to a community hospital and a new community facility will also be built.



Community Engagement is at the core of each HNT

- Emphasis on **community participation** and involvement in early design stages
- Exploring **models for community asset** management
- Ensuring **integration** with existing and neighbouring communities
- **Behaviour change** programmes to complement structural and built environment changes
- Using **best evidence** to engage and increase community participation



Healthy New Towns: Our approach

Locally led

- **Within nationally set priorities**
- **Local health needs/priorities**
- **Alignment with STP and wider strategies**
- **Community involvement**

Partnership working

- **Bringing together disciplines**
- **Key programme partners at national level**
- **Collaboratives between sites**
- **Local collaboration between organisations**

Funding

- **Capacity not capital**
- **Resource not revenue**
- **Interventions are sustainable and replicable**

Replicability and spread

- **Encouraging collaboration**
- **Building on existing knowledge**
- **High quality co-produced outputs**
- **Significant buy-in/engagement**

Parallel to demonstrator sites: National programme work

Engagement

Built Environment engagement

- High level home builder discussions
- Working with TCPA on making the business case for healthy developments
- Design Council/BRE/NHF/HBF engagement and involvement in specific areas
- Developing a Masterplan review methodology in conjunction with HCA/DCLG
- Other relevant agencies

Wider engagement

- 4 Journal Articles published
- Communications
- Ad-hoc meetings with potential partners and interested partners

Delivery

Economic analysis

- Specific business models
- Making the case and shaping the market

Healthy New Towns portfolio/dossier

- Under the key aims, a range of examples of best practice will be gathered to spread learning

Health & housing guideline

- Not to replicate but to add value
- Builds on existing guidance

Design Challenge

- Ideas that expand innovation for HNTs, specifically in reference to home builders and NHS land

The programme will also provide learning to enhance the NHS contribution to increased housing supply

Use of NHS surplus land

- The Naylor Review (2017) recommends that improved guidance is developed on NHS Estates, planning and disposals.
- We will generate lessons that can be applied by the NHS; including scoping models for affordable housing for NHS staff.

Opportunities for new housing models

- Developing viable models for the delivery of specialist housing where a direct link with NHS services is beneficial (for example, alternatives to care homes or step-up/down facilities)
- Exploring new commercial models that would enable NHS organisations to use land strategically, for example by delivering affordable housing for staff

Opportunities to apply wider learning about healthy environments

- Using ownership of land to directly influence the design of developments to ensure healthy environments, for example by:
 - driving delivery of healthy food environments;
 - enforcing healthy housing standards; or
 - requiring incorporation of design features that encourage physical activity

Questions?

“A better future is possible – and with the right changes, right partnerships, and right investments we know how to get there”

- Five Year Forward View

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