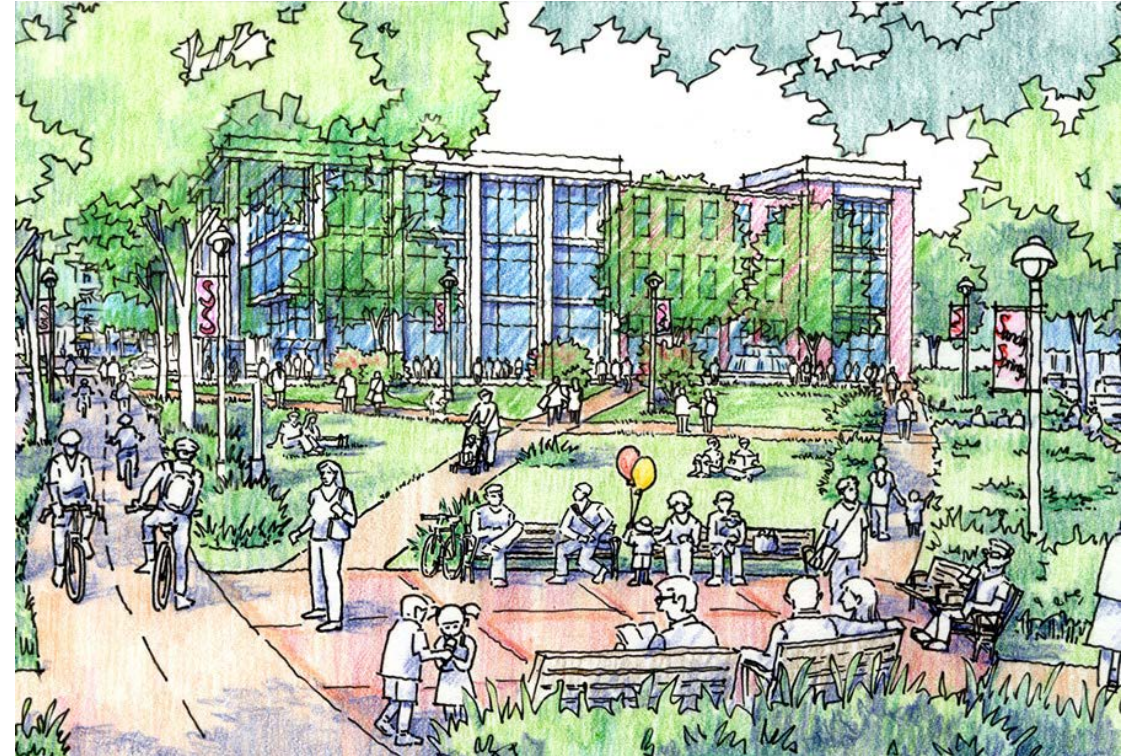


# How to enable Healthy Placemaking?

**Eden Project**  
16<sup>th</sup> October 2019

## Overcoming barriers and learning from best practices



## This study

### **Explores local/national/international policies and best practices that enable healthy place making.**

- Focus on mental health - though planning for mental health meets other health & planning objectives.
- Exploratory rather than confirmatory (experiences/practices vs. numbers).

## Aims

- 1) To produce a set of practice notes describing key skills and delivery strategies necessary to implement principles of healthy placemaking.**
- 2) To create a centralised repository of evidence where practitioners can find best practices, lessons learnt from other projects to use in their own work.**

# Background

## Background – Mental Health in the UK

### **In the UK rates of mental health illness are high**

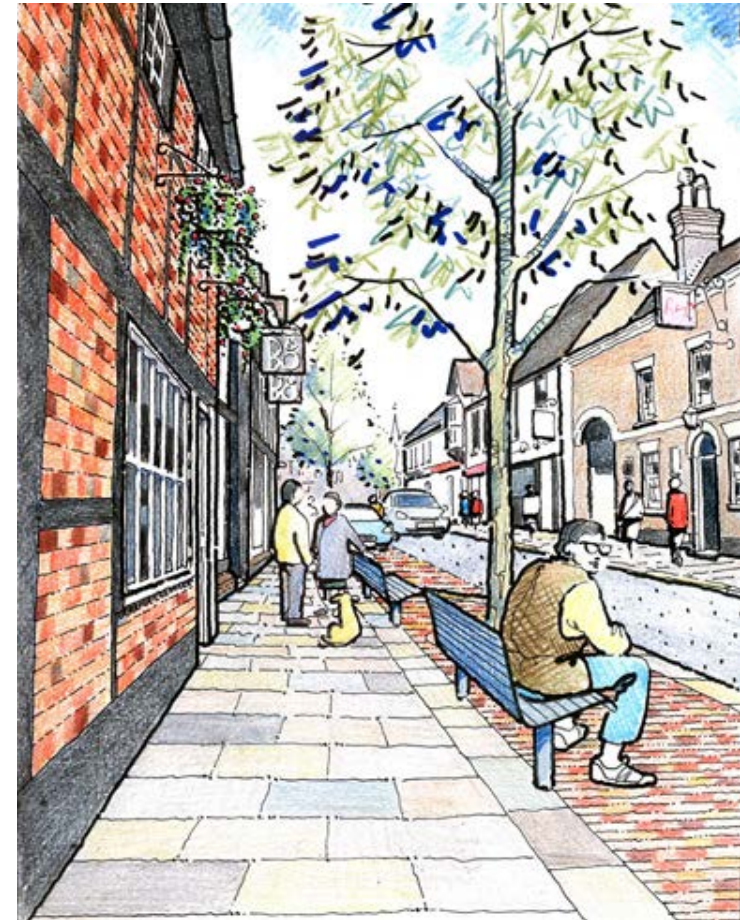
- 1 in 4 people experience a mental health problem each year.
- Mental illnesses are more common, long-lasting and impactful than other health conditions.



## Background – What we know...

### **Mental health and Housing**

- Survey by Mind (2000) found that 4 in 5 people with mental health problems have lived in housing making their mental health worse.
- Damp, mould, threat of eviction, overcrowding, unstable tenancies (...) impact mental health.





# Background – What we know...

## Mental health and Green spaces

- Important relationships between accessible green spaces and well being.
- Access to natural settings in neighbourhoods and in the course of people's daily routines likely to improve mental health and wellbeing.



**RTPI Research Awards (Best Academic Paper 2019)** *Residential greenness and prevalence of major depressive disorders* (Sarkar et. al.) published in ***Lancet Planet Health 2018***.

- **benefits of well designed green environments on mental health (esp. on women, and participants residing in areas with low neighbourhood socioeconomic status)**

## Background – What we know...

### **Mental health and Active Places**

- Positive, regular activity improves mood, wellbeing and many mental health outcomes.
- Embedding physical activity (e.g. active transport/outdoor gyms) into places helps integrate exercise and social interactions into daily routines.





## Background – What we know...

### **Mental health and Pro-social Places**

- Safe and natural interactions among people promote a sense of community, integration and belonging.
- Urban design should facilitate positive and natural interactions.



## Background – What we know...

### **Mental health and safe places**

- A sense of safety and security is integral to people's mental health and wellbeing.
- Traffic, getting lost, environmental pollutants, (...) are all urban dangers.
- Street lighting, distinct landmarks, and people-centric design of residential and commercial routes are important.



# Our Research

# Current Evidence

Recent studies have identified important barriers to creating healthy places:

- Lack of funding
- Different requirements or expectations from developers
- Conflicting policy priorities
- Lack of knowledge and skills needed for the creation and delivery of healthy places.

Barrier	How many experienced this barrier	Percentage
Insufficient funding	330	83%
The requirements or expectations of developers	327	82%
The requirements or expectations of other professionals	292	73%
Other priorities that drive projects/programmes/policies	272	68%
Insufficient time	256	64%
It's not the norm with the external partners I work with to create healthy places	248	62%
The requirements or expectations of politicians	247	62%
National policy	216	54%
Local policy	213	53%
The requirements or expectations of senior colleagues	171	43%
Pressure from the public	146	37%
It's not the norm in my workplace	143	36%
My awareness or understanding of the actions involved in healthy placemaking	127	32%
My awareness or understanding of the importance of healthy placemaking	76	19%

2018 report by the [Design Council](#)

# Our Research – What we want to find out

***Barriers*** to building places where healthy activities and experiences are integral to people's everyday's lives are well-known.

Few studies have actually focused on ***solutions***.

## Scope of the study, Method and timeline

- Good practices to overcome barriers to creating healthy places  
(Focus on mental Health BUT open to other Health challenges)
- Focus on Planning Practitioners (Public and Private sectors)
- Case studies, testimonies or interviews
- In the UK and Internationally
- Data collection open until: **1<sup>st</sup> November 2019**



# Call for Evidence, Case Studies and Interviews

## Enabling Healthy Placemaking: Overcoming barriers and learning from best practices

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**RTPI**  
Royal Town Planning Institute

- 1. What did you set out to achieve?** Please describe in one or two paragraphs what you were trying to create, improve, change, protect (etc...)?
- 2. What kind of barrier(s) did you encounter in trying to deliver your project?** (You can either refer to the barriers mentioned in the table under the Background section or mention other types of barriers/obstacles).
- 3. What kind of skills were needed to overcome barriers/obstacles or oppositions?** (E.g. negotiation, leadership, innovation, collaboration...).
- 4. Given that planning sits between many different sectors, professions and disciplines, which stakeholders were critical to making your project a success?**
- 5. How did you join the dots between multiple policy objectives and/or perspectives?**
- 6. What was the political context?** Who did you have to influence and what evidence or narrative really resonated with them?
- 7. Did you have to secure additional funding or resources to do things differently?** If so, how?
- 8. What aspect of the project are you most proud of?**
- 9. According to you – is the project replicable in different places or unique to this situation?**
- 10. What would you do differently if you were doing it again?**
- 11. What top tips would you give to other practitioners looking to replicate your experience/good practice?**

**Thank you**