

## CS16. Improving Camden’s health and well-being

- 16.1 Improving our health and well-being requires more than improving access to medical treatment and services. There is an important link between the environment in which we live and how healthy we are, both physically and mentally. Factors such as age, gender and ethnicity influence our health and well-being, as well as wider factors such as education, employment, income, housing, social networks, air and water quality, nutrition, and access to social and public services. One of the key aims of Camden’s Community Strategy is to ensure that the health and well-being of all Camden residents improves by tackling the key health issues.
- 16.2 The Council, NHS Camden (formally known as the Primary Care Trust or PCT) and the local community (through the Local Strategic Partnership) have a number of key, shared priorities which are set out in Camden’s Joint Strategic Needs Assessment. These priorities include tackling smoking, alcohol misuse, obesity, drug misuse, as well as addressing mental health needs.
- 16.3 Policy CS16 contributes towards the overall aim of the Core Strategy to manage the impact of Camden’s future growth by setting out our approach to improving health and well-being in the borough. It should be read alongside Policy CS10 which sets out how this strategy protects community facilities, including health care facilities. Many measures set out in other parts of the Core Strategy also play a part in promoting good health and addressing health inequalities, for example:
- Protecting and improving our parks, play areas (see CS15) and leisure facilities (see CS10) which can encourage Camden’s residents to choose healthier and more active lifestyles, help to improve mental well-being and encourage social interaction;
  - improving housing standards and affordability (see CS6);
  - encouraging walking and cycling (see CS11);
  - providing job, training and educational opportunities (see CS8);
  - promoting community safety (see CS17); and
  - managing the impact of development on amenity (DP26).

### CS POLICY

## CS16 – Improving Camden’s health and well-being

The Council will seek to improve health and well-being in Camden. We will:

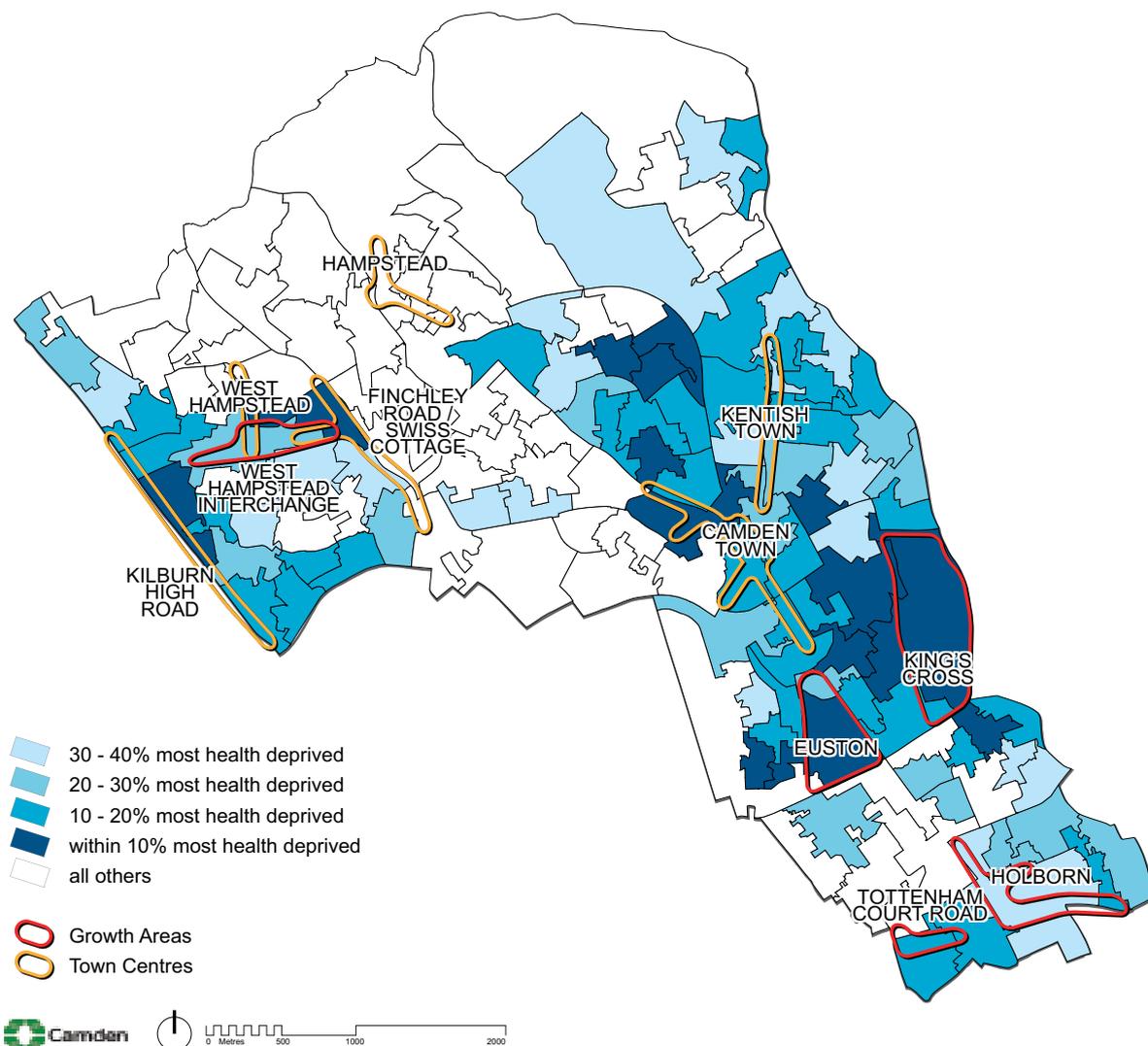
- a) support NHS Camden in its goal to reduce health inequalities by targeting measures to improve health in the areas with poorest health, including King’s Cross, St Pancras & Somers Town, Gospel Oak and Kilburn;
- b) protect existing health facilities in line with preferred approach CS10 – *Supporting community facilities and services*;
- c) support the provision of new or improved health facilities, in line with NHS London’s plans to consolidate and modernise its facilities;
- d) recognise and support the borough’s concentration of centres of medical excellence and their contribution to health-related research, clinical expertise, employment and training provision;
- e) recognise the impact of poor air quality on health and implement Camden’s Air Quality Action Plan which aims to reduce air pollution levels.

## Health inequalities

- 16.4 NHS Camden recognises that one of its biggest challenges is addressing variations in health across its area. It is committed to addressing health inequalities particularly in Camden’s deprived areas where health care requirements are greater and where residents are less likely to access the health services that are available.
- 16.5 Map 9 shows health inequalities across the borough using the Indices of Deprivation 2007, which measured rates of poor health, mortality and disability, across all ages. The wards with the poorest levels of health are represented by the darker shading. Residents living in the most deprived wards are more likely to suffer from diet-related diseases, such as heart disease, cancers and strokes, which can contribute to higher mortality rates. For example, in St Pancras and Somers Town ward the mortality rate from heart disease is 98% higher than the national rate.<sup>26</sup> There is also a stark contrast between the most affluent ward (Hampstead) and most deprived ward (St Pancras and Somers Town) where there is a 10 year gap in male life expectancy.<sup>27</sup>
- 16.6 The map also shows that the wards with the poorest health are located close to our growth areas. This provides us with the opportunity to ensure that new development in the growth areas will work alongside the initiatives discussed in this policy and throughout the Core Strategy to deliver improvements to the health and well-being of residents, particularly in the most deprived wards and Areas for Regeneration identified in the London Plan. For example, the King’s Cross growth area will include a new health centre and additional public open space.
- 16.7 In order to reduce health inequalities, the Council and NHS Camden are concentrating on reducing mortality rates in the wards suffering the highest rates, which currently include St Pancras and Somers Town, King’s Cross, Kilburn and Gospel Oak. Initiatives to improve premature mortality will be varied and include improving access to primary care (see section below on health facilities) as well as a range of health improvement and health promotion initiatives.
- 16.8 Projects and initiatives to improve resident’s health include:
- targeting people at risk of cardio vascular disease within the four most deprived wards, where it is the main cause of death;
  - enhancing GP services in the most deprived wards to provide more detailed advice and individual support to promote exercise and healthy eating and to reduce smoking and alcohol consumption;
  - promoting better access to healthy and nutritious food in the four most deprived wards through more local food growing opportunities. The Council is committed to providing 80 new growing spaces of varying sizes by 2012 and will provide support to individuals and organisations who wish to start growing their own food;
  - to reduce obesity in primary school age children in year 6 (Local Area Agreement target);
  - Camden Healthy Communities Action Group which works in the wards suffering the greatest health inequalities;
  - a Green Gym project, which allows residents to get fit by helping to improve seven of Camden’s open spaces, including Westbere Copse, Belsize Wood and Waterlow Park; and
  - the opening of eight free ‘Outdoor Gyms’ in or close to areas of open space to encourage the community to improve their health by taking more regular exercise.



## Map 9: Health Deprivation



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### Providing and protecting health facilities

16.9 Camden has a wide range of health facilities, with four major hospitals, around 40 GP practices, and over 150 other facilities, such as dentists, optometrists, and pharmacists. Map 10 shows the distribution of health facilities across the borough. Camden's local and community health facilities are perceived to be difficult to access by local residents.<sup>28</sup> NHS Camden is therefore changing the way it delivers primary health care over the next five to ten years. The improvements are set out in the NHS Camden Strategy Plan 2008-2013 and will include the consolidation and modernisation of its facilities to develop fewer, larger health facilities.

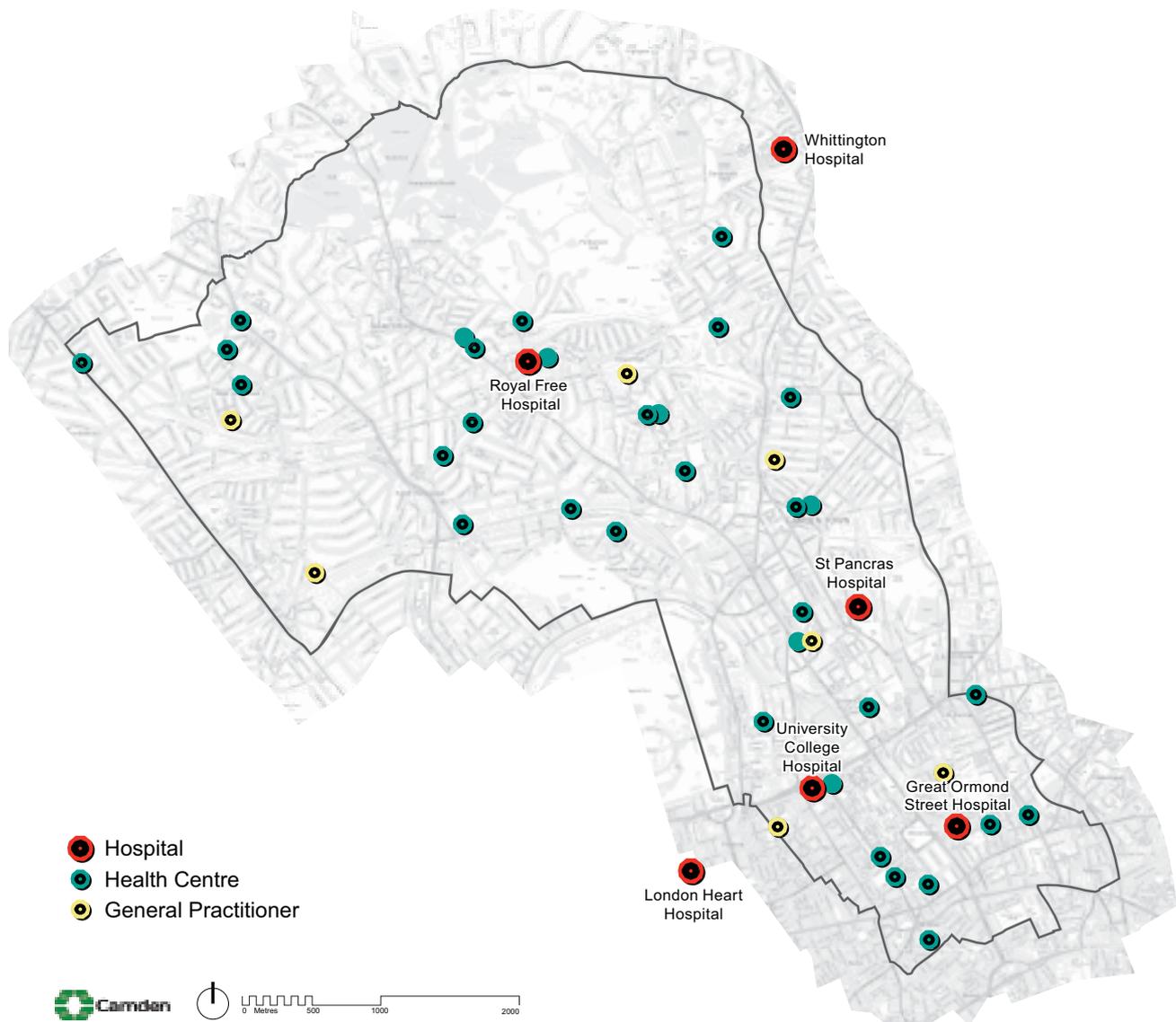
### REFERENCES

<sup>26</sup> London Health Observatory Profile Report

<sup>27</sup> Camden's Annual Public Health Report 2007/08

<sup>28</sup> Camden NHS PCT Strategy Plan 2008-2013

## Map 10: Health Facilities



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16.10 After consultation with local residents, NHS Camden have established that ‘polyclinics’ in Camden will not be in individual buildings or health centres; but instead will involve linking the network of practices and health related facilities across the borough. By 2013, all practices in Camden will be linked to one of four of the following polyclinic networks:

- North Camden: this will involve 11 practices providing a range of additional services alongside a pilot urgent care service at the Royal Free Hospital in Hampstead;
- Kentish Town: this polyclinic network will cover two large GP practices, one of which has been redeveloped and now provides a range of services including nursing, dental access, out-patient and diagnostic services and a range of healthy living activities;
- South Camden: this will link all the practices in south Camden. NHS Camden will commission an urgent care centre and a new practice for this polyclinic. The location of the new facilities is subject to a site search and further public consultation;
- West Camden: this polyclinic network will be based around the Belsize Priory area in Kilburn.

NHS Camden will also commission a new health centre close to King’s Cross station, in the King’s Cross growth area.

- 16.11 As well as Camden's network of GP surgeries, health centres and dentists, we also have a significant concentration of secondary health facilities in the borough. These include four general hospitals, six specialist hospitals and a range of centres that provide care and support for the elderly, children and families, for people with mental health needs, for the mentally ill and many other groups. Policy CS6 contains more information on residential care facilities.
- 16.12 The Council will support the provision of additional health care facilities and will work with NHS Camden and other service providers to make sure the borough has a necessary supply and distribution of premises to meet Camden's health care needs. (see Appendix 1 – *Key infrastructure programmes and projects* – items 13-20). Existing health care facilities are protected by policy CS10 – *Supporting community facilities and services*.

### **Centres of medical excellence**

- 16.13 Camden has an internationally important concentration of medical education, research and care institutions. These make a significant contribution to the borough and the nation by providing healthcare facilities, specialist research, employment and education opportunities, and by encouraging innovation. We will seek to support these institutions, which include the University College London Hospital (UCLH), the Royal Free Hospital, Great Ormond Street Hospital and the Wellcome Trust, and balance their requirements with those of other sectors and the local community.

### **Air quality**

- 16.14 Camden suffers from poor air quality which impacts on human health, particularly the very young, older people and those with existing heart and lung conditions. The avoidance of localised air pollution is therefore very important in avoiding a potential negative impact on health and on the environment. The Council has declared the whole borough an Air Quality Management Area (AQMA) for failing to meet the government's health based air quality objectives for nitrogen dioxide and particulate matter. An Air Quality Action Plan has been produced setting out measures to reduce air pollution emissions from a variety of sources including new developments. Policy DP32 in our Camden Development Policies Local Development Framework document sets out how we will expect developments to reduce their impact on air quality. Please also see CS11 – *Promoting sustainable and efficient travel* for more on our approach to improving air quality through transport measures.

### **Contaminated land**

- 16.15 In order to protect the health and well-being of local residents, workers and visitors, the Council will expect proposals for the redevelopment of sites that are known to be contaminated, have the potential to be contaminated, or are located in proximity to such sites to take appropriate remedial action to the Council's satisfaction. For example, sites that have been used for vehicle repair, industrial processes and petrol stations could have land contamination issues. Remedial action is particularly important in developments where people will have access to the ground for gardening, play or planting food for consumption. Please refer to Planning Policy Guidance 23 – Planning and Pollution Control, the Council's Contaminated Land Strategy and our Camden Planning Guidance supplementary document for more information.

#### **Key evidence and references**

- Camden Joint Strategic Needs Assessment
- Camden's Air Quality Action Plan
- Good food for Camden: The healthy and sustainable food strategy (2009-2012)
- NHS Camden Strategy Plan 2008-2013
- Camden PCT Commissioning Strategy Plan 2007
- Camden PCT Annual Public Health reports 1998 to 2007
- Camden PCT Estates Strategy 2006
- Health Issues in Planning: Best Practice Guidance, Mayor of London 2007