

## Health and wellbeing

- 4.1 Camden has one of the largest health inequality gaps between occupational groups in England for both men and women and there are stark geographical health inequalities in Camden. People suffering from poor general health, mental ill health and low life expectancy are generally concentrated in the borough's most deprived wards including St Pancras and Somers Town, Haverstock and Kilburn. In contrast, residents in the most affluent parts of the borough have longer life expectancy, better general health, and fewer mental health problems than the England average.
- 4.2 There is an important link between the physical and social environment in which we live and how healthy we are, both physically and mentally. This policy seeks to ensure that development in Camden considers local issues relating to health and wellbeing at an early stage of the planning process in order to positively improve outcomes for the people who live, work and visit the borough.

### Policy C1 Health and wellbeing

The Council will improve and promote strong, vibrant and healthy communities through ensuring a high quality environment with local services to support health, social and cultural wellbeing and reduce inequalities.

Measures that will help contribute to healthier communities and reduce health inequalities must be incorporated in a development where appropriate.

The Council will require:

- a. development to positively contribute to creating high quality, active, safe and accessible places; and
- b. proposals for major development schemes to include a Health Impact Assessment (HIA).

We will:

- c. contribute towards the health priorities of the Health and Wellbeing Board and partners to help reduce health inequalities across the borough;
- d. support the provision of new or improved health facilities, in line with Camden's Clinical Commissioning Group and NHS England requirements; and
- e. protect existing health facilities in line with "Policy C2 Community facilities".

### Health and wellbeing in Camden

- 4.3 The Camden Health and Wellbeing Board (HWB) brings together the NHS (Camden GP Clinical Commissioning Groups), local authority cabinet members, public health, other local authority directorates and Healthwatch, to plan how best to meet local health and care needs and influence the commissioning

of services. Camden's Joint Health and Wellbeing Strategy (2015-2018) sets out the following priorities: healthy lives; mental health and wellbeing; and continuing to strengthen the integration of health and social care. These priorities are underpinned by the Camden Joint Strategic Needs Assessment (JSNA). Consideration must be given to the actions identified in Camden's Joint Health and Wellbeing Strategy.

- 4.4 The population make up of an area such as age, gender, ethnicity, and deprivation can determine the likely health issues it may face. Camden's JSNA 2013 describes the borough's current and future health and wellbeing needs. In Camden the age and gender profile is very similar to London but younger than England with significantly greater proportions of younger adults. There are, however, an increasing number of older people in the borough (over 75) with numbers expected to rise to over 50% during the plan period which will impact upon the demand for services such as social care and end of life care.
- 4.5 Chronic illness, lower life expectancy, and unhealthy lifestyles are often linked to high levels of deprivation. There are health inequalities within Camden by location, gender, deprivation and ethnicity. Men and women from the most deprived areas have a life expectancy of 12.9 and 8.4 years less respectively than those from the least deprived areas. Camden scores significantly worse than the national average for hospital stays for alcohol related harm, drug misuse, and acute sexually transmitted infections. Camden is also significantly worse than the national average for obese children, new cases of tuberculosis, early deaths (under the age of 75) from heart disease and stroke, and road injuries/deaths. Cancer, cardiovascular disease and respiratory disease make up the largest causes of deaths amongst all age groups in Camden, apart from those under the age of 35.

### **Role of planning in health and wellbeing outcomes**

- 4.6 The creation of healthy environments for people of all ages across the borough will be a key consideration when the Council assesses planning applications. A healthy environment can promote and encourage healthy lifestyles and these are aided through good urban design, green open spaces and access to active travel choices such as walking and cycling. Other than the built and natural environment, there are social and cultural factors that promote good health and wellbeing – such as a variety of community groups, religious institutions, arts, culture and leisure facilities.
- 4.7 Planning can play a pivotal role in influencing key health determinants, especially towards improving long-term outcomes and addressing health

inequalities. The determinants of health shown in the diagram below include:

- social and economic environment;
- physical environment; and
- individual characteristics and behaviours.



The Determinants of Health (1992) Dahlgren and Whitehead

(Dahlgren and Whitehead, 1992)

- 4.8 To ensure that development promotes and positively contributes to a healthy living environment, development will be expected to consider health outcomes at an early stage, prior to the submission of a planning application. For major developments this will be evidenced through the submission of a Health Impact Assessment (HIA). Major developments are regarded as developments of 10 or more homes or a floorspace of 1,000sqm or more, including student housing and non-residential development.

### Health Impact Assessments

- 4.9 The scope of a HIA will vary depending on the size of the development and its location. The HIA should identify the likely health impacts of the development and include measures to improve health outcomes and address negative effects and inequalities. HIAs for developments of 100 homes or more, including student housing, will be expected to include details of the engagement they have undertaken with local health and community stakeholders in the community and how their input has influenced the development. Further information on HIA can be found in our supplementary planning document Camden Planning Guidance on amenity and the Mayor's Social Infrastructure supplementary planning document.

### Planning for all ages

- 4.10 Camden's high proportion of young adults, growing elderly population and outside visitors requires greater consideration of these groups in shaping places to live, work and visit. It is possible to make the health outcomes of an area better by ensuring that development helps to promote active travel choices and physical activity through for example, enhancing the feeling of safety and

security, creation of permeable and attractive street frontages, and areas where people can sit down, take part in sport, or socialise. If a person's day-to-day activities are limited, housing and places which enable such activity to be easier will lead to better health outcomes.

- 4.11 It is important that developments consider the needs of occupants and users in terms of accessibility, space requirements and ease of movement. In consideration of Camden's growing older population, the Council strongly encourages the inclusion of dementia friendly design<sup>3</sup>. Design can have an impact on the ease with which people with dementia are able to navigate around or through an area by lighting (avoiding deep shadows), materials, clear signage, distinctive buildings and use of colour.
- 4.12 Child obesity is a problem in the borough and children who are overweight are more likely to remain obese into adulthood and develop long term health problems such as diabetes and cardiovascular disease. Creating places that make it easier to take part in physical activity, access to healthier food choices, and safe and accessible spaces for play, sport and recreation will help to tackle this issue.
- 4.13 Environmental issues such as poor air quality and flooding/overheating events particularly affect the most vulnerable in society, namely young children, older people and those with physical and mental health problems. "Policy CC4 Air quality" seeks to ensure that sensitive uses (e.g. housing and schools) are not unduly affected by new development or located in areas of existing poor air quality unless acceptable mitigation measures are included. Given the existing poor levels of air quality in the borough, we will seek innovative measures to improve local air quality. Development should also consider the impacts of overheating and flooding on human health and should be designed so that they are adaptable in accordance with policies CC2 Adapting to climate change and CC3 Water and flooding.

### **Integrated approach to health and wellbeing**

- 4.14 Many measures set out in other parts of this Local Plan play a part in promoting health and wellbeing and addressing health inequalities and should be addressed, where appropriate:
- **Housing quality** – there are a number of factors that contribute to the quality of housing, including (but not restricted to) overcrowding, accessibility, space and layout, noise insulation, fabric energy efficiency, shading, and ventilation. The cost of housing is a significant issue for residents in Camden, where increased cost can lead to difficult decisions between heating and healthy food. Residential developments will be expected to meet affordable housing targets set out in "Policy H4 Maximising the supply of affordable housing" on maximising the supply of affordable homes.
  - As part of the Council's Community Investment Programme (CIP) we are undertaking widespread estate regeneration and works to existing homes to ensure that tenants live in good quality accommodation that meets

---

<sup>3</sup> 'At a Glance: a Checklist for Developing Dementia Friendly Communities (Housing, Learning and Improvement Network, June 2012)'

contemporary standards. This programme will also generate funds for the Council's 'Better Homes' initiative which refurbishes existing Council homes.

- **Access to healthcare services and other social infrastructure** – “Policy C2 Community facilities” recognises that community facilities such as schools, community centres, leisure facilities and health centres are a vital part of the infrastructure supporting Camden’s quality of life. We will seek to ensure that community facilities and services are developed and modernised in a way that is sustainable and retained for the benefit of communities in Camden.
- **Access to open space and nature** – the benefits of open space are seen to be particularly important for physical exercise, relaxation and stress relief, reducing pollutants, cooling the urban heat island and providing areas for local volunteer groups and food growing (“Policy A2 Open space”). We will protect, maintain and enhance Camden’s parks, open spaces and green corridors and seek to tackle deficiencies and meet increased demand for open space.
- **Air quality, noise and neighbourhood amenity** – Policies CC4 Air quality, A1 Managing the impact of development, and A3 Biodiversity recognise that development can have a significant effect upon the amenity, health and wellbeing of those who live, work and visit the borough. We will only grant permission for development that does not cause harm to amenity or/and would cause harm to air quality unless appropriate mitigation measures are adopted.
- **Accessibility and active travel** – active travel, such as walking and cycling, is one of the easiest and most cost effective means for people to achieve substantial health benefits. Our transport policies prioritise active travel choices and seek to improve the walking and cycling environment.
- **Crime reduction and community safety** – crime and fear of crime is a significant concern for many of Camden’s residents and businesses and can undermine people’s quality of life, health and wellbeing (“Policy C5 Safety and security”). We will require development to demonstrate it has incorporated design principles which contribute to community safety and security.
- **Access to work and training** – we want residents to benefit from the employment opportunities created by Camden’s economic success by linking the efforts of the Council, schools and employers to provide local people with the skills needed to gain employment. We will seek to reduce inequality through training and apprenticeship schemes and affordable space for small and medium-sized enterprises (SMEs) managed by businesses, higher education institutions and the third sector.
- **Social cohesion and lifetime neighbourhoods** – “Policy D1 Design” notes the significant link between improving physical and mental wellbeing by creating streets, spaces and buildings which allow for and encourage healthy lifestyles.
- **Climate change and minimising the use of resources** – there are links between poor health and wellbeing and the ability to heat a home cost effectively, or in hot weather ensure that the property does not overheat. Policies CC1 Climate change mitigation and CC2 Adapting to climate change will seek to ensure that buildings are designed to be more energy efficient

and to cope with changes to our climate system such as wetter winters and hotter summers.

- 4.15 Health should not be seen as an isolated topic when assessing planning applications, rather it should be integrated as per the areas noted above. This approach has been adopted in this Plan where we have considered the impact of our policies upon the physical and mental health and wellbeing of those living, working and visiting the borough.

### **Health facilities**

- 4.16 The location and accessibility of health facilities has a direct impact on the health of the population. The Healthy Urban Development Unit (HUDU) recognises that in addition to advice on healthy living, appropriate health services, access and the quality of healthcare can prevent ill health and lead to better management of long-term conditions where these are identified early.
- 4.17 Camden has a wide range of health facilities, with four major hospitals, 36 GP practices and over 150 other facilities, such as dentists, optometrists, and pharmacists. As the population grows and ages, there will be a requirement for different models of health and social care provided closer to home, which will need to be recognised in the development and alteration of health care premises. “Policy DM1 Delivery and monitoring” and Appendix 1 set out the infrastructure requirements for the borough over the Plan period, including many that relate to improving health.
- 4.18 “Policy C2 Community facilities” specifically states that we will resist the loss of community facilities (which include health), unless a replacement facility that meets need is provided or where evidence demonstrates that the facility, or similar facility, is no longer required. We will also require contributions towards supporting existing or providing for new facilities from developments that result in additional need for community facilities, such as those for health.