

# HEALTH AND WELLBEING READING LIST



Good health and wellbeing contribute to the economy and minimise the increasingly unaffordable burden of healthcare costs. The focus is shifting to the wider determinants of health. How towns and buildings are planned, designed, built, operated and experienced can make a significant contribution.

Town Investment Plans (TIPs) might include specific integrated community health and wellbeing facilities or measures to improve air quality, active travel, green space, inclusive public realm, community cohesion, employment, housing, data collection and use of digital technology - in fact, health and wellbeing runs through most areas.

Our Health and Wellbeing Topic Expert, Katie Wood, has created a reading list, including key documents that introduce and explore the ways in which the built environment can have a positive effect on our health and wellbeing. It should provide inspiration and relevant reading relating to how you can incorporate health and wellbeing into your TIP.

## 10 Priorities for Health and Wellbeing

Firstly, an Arup produced document and summary blog that summarize our thoughts on 10 priorities for health and wellbeing in the built environment:

- **Document:** <https://www.arup.com/perspectives/publications/research/section/10-priorities-for-health-and-wellbeing>
- **Blog:** <https://www.linkedin.com/pulse/10-priorities-health-wellbeing-built-environment-katie-wood/>

## Healthy Places

The following documents set out the evidence and some lessons learnt on healthy places.

- *Creating healthy places - Perspectives from NHS England's Healthy New Towns programme, The King's Fund:* [https://www.kingsfund.org.uk/sites/default/files/2019-09/Creating\\_healthy\\_places\\_pdf.pdf](https://www.kingsfund.org.uk/sites/default/files/2019-09/Creating_healthy_places_pdf.pdf)
- *Healthy Placemaking, The Design Council:* [https://www.designcouncil.org.uk/sites/default/files/asset/document/Healthy\\_Placemaking\\_Report.pdf](https://www.designcouncil.org.uk/sites/default/files/asset/document/Healthy_Placemaking_Report.pdf)
- *Spatial Planning for Health - An evidence resource for planning and designing healthier places, Public Health England:* [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/729727/spatial\\_planning\\_for\\_health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf)

## How to make happen

This Arup document provides a framework on how to make it happen at a place-based level

- *Exploring a Health-Led Approach to Infrastructure:* <https://www.arup.com/perspectives/publications/research/section/exploring-a-health-led-approach-to-infrastructure>

### The role of the NHS

This document sets out the many ways that the NHS as an anchor institution can have a big influence.

- *Building healthier communities: the role of the NHS as an anchor institution, The Health Foundation:* [https://www.health.org.uk/publications/reports/building-healthier-communities-role-of-nhs-as-anchor-institution?qclid=Cj0KCQjwirz3BRDARIsAlmf7LPXQybD9UUkLeOuAlq6hCl-LKTqtthBC8rIPknXdww0xERX8ya\\_8j4aAqZ6EALw\\_wcB](https://www.health.org.uk/publications/reports/building-healthier-communities-role-of-nhs-as-anchor-institution?qclid=Cj0KCQjwirz3BRDARIsAlmf7LPXQybD9UUkLeOuAlq6hCl-LKTqtthBC8rIPknXdww0xERX8ya_8j4aAqZ6EALw_wcB)

### Smart and Healthy Communities

Data and digital systems have a key role as described in this study and Katie's blog:

- *Flourishing Systems - Re-envisioning infrastructure as a platform for human flourishing, Centre for Digital Built Britain:* [https://www.cdbb.cam.ac.uk/files/flourishing-systems\\_final\\_digital.pdf](https://www.cdbb.cam.ac.uk/files/flourishing-systems_final_digital.pdf)
- *Blog - Creating Communities that are both Smart and Healthy:* <https://www.linkedin.com/pulse/creating-communities-both-smart-healthy-katie-wood/>

### Specific Guidance

Below is a selection of guidance on specific aspects of health and wellbeing that may be of interest.

- *Cities Alive: Designing for Ageing Communities, Arup:* <https://www.arup.com/perspectives/publications/research/section/cities-alive-designing-for-ageing-communities>
- *Cities Alive: Designing for Urban Childhoods, Arup:* <https://www.arup.com/perspectives/publications/research/section/cities-alive-designing-for-urban-childhoods>
- *Reclaiming Play in Cities - The Real Play Coalition Approach:* <https://www.arup.com/perspectives/publications/promotional-materials/section/reclaiming-play-in-cities>
- *Cities Alive: Towards a Walking World, Arup:* <https://www.arup.com/perspectives/publications/research/section/cities-alive-towards-a-walking-world>
- *Health + Mobility - A Design Protocol for Mobilising Health Living, Arup, BRE, UCL and Perkins & Will:* <https://www.arup.com/perspectives/publications/research/section/health-and-mobility>

### Conferences

And finally links to material from two very relevant conferences from last year.

- *Kings Fund Improving Health in Urban Communities conference 2019, Presentations slides and some films available:* <https://www.kingsfund.org.uk/events/improving-health-urban-communities>
- *Healthy City Design 2019: A selection of films of presentations available:* <https://healthycitydesign2020.salus.global/conference-videos/healthy-city-design-2019>

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