Healthy New Towns

Achieving the aims of the Five Year Forward View

Dr Sara McCafferty – Programme Lead
Town and Country Planning Act & the NHS act – 1947
An ageing population...

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

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)
Complex long-term conditions

Source: OBR - Representative profile for age-related health spending
Rise of inactivity and isolation

- **Childhood obesity** – on the rise
- **Physical inactivity** – responsible for 1 in 6 deaths
- **Social isolation** – lacking social connections is comparable to smoking 15 cigarettes a day.

These and more are putting the population at significant risk of ill-health

Credit: Public Health England, 2018
Addressing these problems requires changing models of care…

Integrated care means taking a whole populations approach, getting upstream to prevent illness and moderate deterioration

- Better case management to manage complex needs in the community, for example an extensive care service.
- Broader range of services provided in the community, achieved by service providers formally collaborating, for example multidisciplinary teams, social prescribing, patient activation.
- Provides a more coherent and effective local network of urgent care, including enhanced primary care and out of hours offer.
- Mobilising community assets to address wider determinants of health, and reduce future demand. For example working with employers to promote healthy lifestyles.
...and changing built environment design

- Enhance Neighbourhood Walkability
- Build Complete and Compact Neighbourhoods
- Enhance connectivity with safe and efficient infrastructure
- Improve Quality of Housing
- Provision of healthy, affordable food for the general population
- Access to and engagement with the natural environment

Credit: Public Health England
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 has three key aims:

1. To shape new towns, neighbourhoods and communities to **promote health and wellbeing, prevent illness and keep people independent**;

2. To **radically rethink delivery of health and care services**, supporting learning about new models of deeply integrated care, place-based care;

3. To **spread learning and good practice** to other local areas and other national programmes.
### Demonstrator Sites – the core of the programme

<table>
<thead>
<tr>
<th>Site</th>
<th>Region</th>
<th>Approx. number of new homes</th>
<th>Type</th>
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<tbody>
<tr>
<td>Fylde</td>
<td>North</td>
<td>1,400</td>
<td>Greenfield</td>
</tr>
<tr>
<td>Darlington</td>
<td>North</td>
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<td>Halton</td>
<td>North</td>
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<td>Greenfield</td>
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<td>Whitehill &amp; Bordon</td>
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<td>South</td>
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<td>Greenfield</td>
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<td>Northstowe</td>
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<td>Greenfield</td>
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<td>South</td>
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<tr>
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<td>South</td>
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Ebbsfleet Garden City

Get Active in Ebbsfleet
Earn rewards for walking, running and cycling

EBBSFLEET GARDEN CITY
We’re getting you moving by walking, cycling or running, that’s the distance from Ebbsfleet to New York

3,715 miles covered

349,085 calories burned

that’s the equivalent of 650 burgers from a popular chain

1.5 million grammes of Co2 saved

that’s the equivalent of 12,000km in car journeys

BetterPoints is a platform - a ‘Software as a Service’ (SAAS) - for motivating positive behaviour change through smartphones. It combines mobile technology with real-world incentives to help people make positive behaviour changes, such as for health and transport.

Download the app and get started at www.ebbsfleet.betterpoints.uk
**NATIONAL URBAN DESIGN AWARDS 2018**

**Northstowe Phase 2**
Tibbalds Planning and Urban Design draws up a Design Code for Healthier Living

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**Try Langford health route**

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**Hogmoor Inclosure - Whitehill & Bordon**
For Developers and their consultants it will provide an understanding of the expectations and ambitions of the Garden City and how it can be achieved.

For EDC helps to define what we mean by quality and appropriateness of development.

For Consumers, it will help give confidence in the standard of development to expect.
Healthy New Towns radically rethink how the built environment benefits health
Programme Structure

- Housing developers
- Voluntary sector
- CCGs
- Local Authorities
- Providers

Ten Demonstrator Sites

- Built Environment Collaborative
- New Care Models Collaborative
- Community Activation Collaborative
- Evaluation Collaborative

Office of Chair/Chief Executive

SRO: Emily Hough

NHSE HNT Programme

Expert advisors and informal partners

Publication Steering Group

- Built Environment TCPA
  David Lock Associates
- New Care Models
  King's Fund iBi
- Community Engagement
  Young Foundation
- Economic Analysis
  PA Consulting

Healthy New Towns Publication

HNT Network of developers and housing associations
Influencing government policy

### NPPF Consultation
- Healthy New Towns-led response with NHSE, NHSI & NHS Property Services
- Ensure health is prioritised in planning decisions,
- Long term planning and sustainability for NHS land
- Provision of key worker housing for NHS staff.

### Government policy
- Housing White paper (March 2017)
- Government Childhood Obesity Strategy (June 2018)
- NHS Long Term plan - prevention

### NHS Land
- 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
The Healthy New Towns Network

Cross section of 12 developers and housing associations from across England.

“We see the HNT Network as an ideal opportunity to work openly with NHS and other partners to progress multiple initiatives collectively and to maximise learning.” – One of our network members
Putting Health into Place: Lessons from the Healthy New Towns programme

• The excellent work of our Demonstrator Sites will provide much of the content for the NHS Healthy New Towns publication

• **Putting Health into Place (PHIP)** - March 2019

• Take advantage of significant potential health benefits of healthier place making

• Bring together learning from across different disciplines - *built environment, new care models, community activation* and *economic analysis* – to facilitate creation of healthier communities
HNT delivering on the Five Year Forward View

- **Prevention** – showing how we can work together to prevent ill health, putting the evidence into practice and describing how to create healthier places.

- **Management of long-term conditions** – enhancing the primary care offer in communities.

- **Integrating care** – closer working between the voluntary sector, the NHS and local government.

- **Improving health and care infrastructure** - working better with developers and planners to deliver infrastructure for integrated services.
Thank you

#HealthyNewTowns

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