Annual Report of the Director of Public Health 2017







Introduction

There is a statutory requirement for the Director of Public Health (DPH) to publish an annual report. Historically this provided an opportunity for the DPH to comment on the health of the local population and priorities for action on the part of health and social care commissioners. However this insight is now brought together in the Joint Strategic Needs Assessment. So this year, I have chosen to focus on another important influence on the health of local residents – the environment in which we live, work and raise our children. During 2016-17, Havering Council's Development and the Public Health Services worked together to undertake a health impact assessment of the Local Plan.

I am delighted that Steve Moore as Havering's Director of Neighbourhoods has agreed to

co-write this report with me, which focuses on the outcome of that joint work and highlights the impact that development and the local environment has on health and wellbeing.



Foreword

As the Leader of the Council, I know the value that residents place on preserving the local environment and improving the services and community infrastructure available to them and their families.

This report demonstrates that these factors also shape the health and wellbeing of local people. Active and healthy lifestyles are easier to achieve when there is easy access to jobs and services, green open spaces and safe places to play. A healthy environment provides the opportunity for children and young people to grow and develop into healthy adults.

Havering already has much to be proud of in this regard – including the new Sapphire Ice & Leisure facility which will open in February 2018 and its 13 Green Flag award winning parks.

But there's always more that can be done. Tackling childhood obesity is a pressing challenge. So in the coming year, the Council will work with pre-school providers, to help them ensure that the children in their care are active and receive healthy food. We will improve access to drinking water as an alternative to sugary drinks and consider how we can reduce

the promotion of unhealthy food and drink in the vicinity of schools.

There is no single solution but we must to do our bit, with central government and the food industry, to help families make healthier choices.

Getting our physical environment right, particularly as the population grows, will be a huge challenge. But I am encouraged by the work undertaken by the Council which is the focus of this report, to ensure that health and wellbeing remain central to Havering's draft Local Plan.

Yours sincerely



Cllr Roger Ramsey, Leader of the Council

Preface

The natural and built environments are really important for the health and wellbeing of the community.

We know that Havering has and will continue to grow, and as a result, there is a pressing need to build more homes and ensure community infrastructure keeps pace with population growth.

The Local Plan sets out how this will happen. As such, it is an opportunity to ensure that existing and future residents benefit from 'good growth' that promotes better health and wellbeing for all.

Through good planning we can design out criminal behaviour and promote stronger community cohesion, reduce the risk of obesity, improve air quality and promote better mental health.

As described in this report, the Council's Public Health and Planning teams have worked together to systematically review the draft Local Plan so that we make the most of opportunities to improve health and wellbeing and potential threats are minimised if not avoided entirely.

As a direct result of this joint work – called a Health Impact Assessment (HIA), new guidance has been included in the Local Plan and a number of policies revised. In addition, a new policy has been proposed that would require developers to undertake their own pre-application HIA of any major development.

We have been pleased with how well our respective teams have worked together and complemented each other. The process took many months of work, resulting in a Local Plan that we are confident will serve to improve the health of residents.

However, that doesn't mean that we've got everything right and we will work to further improve the Local Plan by incorporating the additional learning gathered through the public consultation.



Mark Ansell Acting Director of Public Health



Steve Moore Director of Neighbourhoods

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Background



It's widely accepted that where and how we live affects our health and wellbeing to the extent that things like the strength of our family and community networks and our living and working conditions, are arguably more important to our health than social and healthcare services. So, when the Council had to develop a Local Plan, it was clear that health and wellbeing should be a central concern.

The public health service and the development planners worked closely together to carry out an in-depth assessment on where Havering's Local Plan could influence health and wellbeing for the better. During the assessment process, the team of public health specialists and development planners considered not only overall health impact, but also whether there were groups of people who might be more affected than others.

As a result, a range of policies that underpin the plan were changed as far as possible, to make the most of potential health gains and minimise any possible negative impacts. Some policies were assessed as needing no change, and where the assessment highlighted a gap entirely new policies were developed.

The assessment process is outlined in the sketch "Journey of our health impact assessment". This is followed by summaries of what was taken into account and the changes that were made, structured around the four cross-cutting priorities of the Council's Vision for the borough.

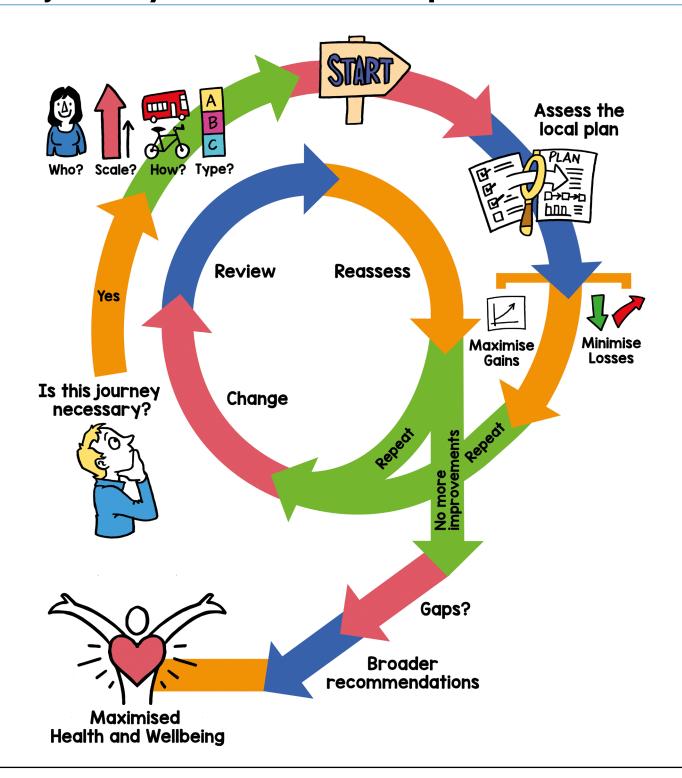
What is the Local Plan?

The Havering Local Plan guides future growth and development within the borough over the next 15 years, until 2031. The Plan sets out the Council's vision and strategy, and the policies that are needed to deliver them. The Plan indicates the broad locations in Havering for future housing, employment, retail, leisure, transport, community services and other types of development. The Local Plan is the primary tool used for assessing Planning Applications and is required to be in line with the Mayor's London Plan and consistent with national planning policy.

What is a health impact assessment?

HIAs are used throughout the world to assess the extent to which proposed policies, programmes and projects might affect the health of a population, and whether certain groups might be particularly affected. There are a range of approaches, methods and tools to choose from depending on the scale of the programme to be assessed.

The journey of our health impact assessment



A health impact assessment is structured to reflect the scope, scale and type of proposal being assessed. We used the London Healthy Urban Development Unit Rapid HIA tool, which is suitable for a HIA of high-level planning frameworks. The above sketch "Journey of our health impact assessment" summarises the steps taken in the process: deciding whether and how to undertake the assessment, which tool to use, the process of assessing, changing, reviewing and reassessing the Local Plan, as well as making broader recommendations. The final outcome is a Local Plan that we are confident maximises health and wellbeing for all who live, work and study in the borough.



Communities

"We want to help our residents to make positive lifestyle choices and ensure a good start for every child to reach their full potential. We will support families and communities to look after themselves and each other, with a particular emphasis on our most vulnerable residents."

The Havering vision

We tend to make healthy choices when the healthier choice is the easier choice. As far as healthy eating is concerned, planning can foster a food environment where healthier options are accessible, available and affordable, and by reducing the density of takeaways so that use shifts from the "norm" to occasional. This is the essence of "nudge theory". Local planning can make it easier for parents to give their children the best start in life, and for adults to make healthier choices more often than not. Planning can also make a significant contribution towards reducing health inequalities.

We also assessed the policies for how they create places where communities get along together. Social interaction is not only good for health and wellbeing, but also helps to reduce crime and fear of crime. This occurs when more people can see what is happening in their neighbourhood and when people trust each other more. This, in turn, leads to residents feeling less cut off from their neighbours and communities, which then further fosters greater social interaction!

The challenges

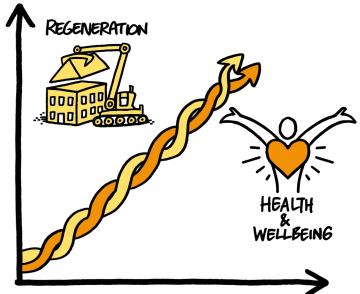
- Two-thirds of adults in Havering are either overweight or obese.
- 1 in 5 children aged 4-5, and more than 1 in 3 children aged 10-11 are either overweight or obese.
- Nationally, one fifth of children eat from fast food outlets at least once a week.
 These meals tend to be high in calories, with high levels of fat, sugar and salt, and low levels of nutrients.
- Obesity contributes to cancer, heart disease and stroke, and can affect mental health.
- Loneliness and social isolation are major factors in depression and common mental illness.
- In Havering 32% of people over the age of 65 live in a one-person household.
- Fear of crime affects the health of the community, such as restrictions on unsupervised play among children, and social isolation in older people.



That health and wellbeing should be an essential consideration for all who are thinking of developing and investing in the borough (see the "We changed" section below, a,b).

The draft plan would have a positive impact on access to healthy food e.g. limiting numbers of takeaway units in towns and local centres and ensuring a broad range of retail uses.

There was a positive impact on social cohesion; with alignment to the London Plan and for "Provision of Lifetime Neighbourhoods" as well as through the policies (Appendix 1). However, the team concluded that there was scope to increase the positive impact (c).



There was positive impact on crime reduction but policy could be strengthened to ensure communities were socially inclusive (d,e).

Policies already provided for delivery of a range of housing types and sizes, including affordable housing, but there was additional scope for strengthening the Local Plan policies for health and wellbeing (f,g). There were also criteria for ensuring that new developments be serviced by public transport, and that there was access to essential services, shops and amenity space.

- a. A new policy focusing on health and wellbeing was produced. The Healthy Communities policy makes it essential for all thinking about developing and investing in the borough to consider health and wellbeing.
- b. As a direct result of the collaborative working between Public Health and Planning teams, the Local Plan now includes a requirement that all major development proposals must be supported by a Health Impact Assessment (HIA) to demonstrate that full consideration has been given to health and wellbeing. When those assessments are carried out, they should take into account the needs of vulnerable and marginalised groups.
- c. The Residential Design and Amenity policy now includes a statement that residential development should be of a high design quality that is inclusive and provides an attractive, safe and accessible living environment for new residents whilst ensuring that the amenity and quality of life of existing and future residents is not adversely impacted.
- d. The Urban Design policy was amended to support developments that are designed to the principles of "Secured by Design".
- e. Urban Design policy now includes the need to increase connectivity between existing and new communities, providing a high standard of inclusive access for all members of the public.
- f. Specialist Accommodation policy now includes the requirement that common use areas should be encouraged in new developments, taking into account the needs of the occupants, and through providing opportunities for social interaction.
- g. Social Infrastructure policy was strengthened to take into account both new and existing residents access to social infrastructure facilities.



Places

"We will work to achieve a clean, safe environment for all. This will be secured through working with residents to improve our award-winning parks and continuing to invest in our housing stock, ensuring decent, safe and high standard properties. Our residents will have access to vibrant culture and leisure facilities, as well as thriving town centres."

The Havering vision

Our home is the main setting for our health throughout our life. Our houses provide more than just shelter. They are places where we raise families, welcome friends and feel secure.

Our homes are the building blocks of the communities within which we interact and support each other. We recognise the importance of ensuring that Havering has enough homes and that they provide a high quality environment for us to live in. The challenges around the affordability of homes are understood as well as the importance of providing a wide range of housing types and tenures. We recognise the importance of making sure that communities in Havering are well served with the social and community infrastructure that is necessary for people to go about their daily lives.

We assessed the Local Plan against many criteria, including the extent to which developers should consider adaptations that help residents with physical difficulties to live independently, energy efficiency, and the extent to which specialist housing is served by public transport and shops.

Physical activity is essential for good physical and mental health but this is difficult for many of us who have inactive jobs and lifestyles. Having safe, convenient and attractive open and green space can help us to be more physically active, and can help to prevent physical and mental ill-health. And there are further benefits from green and natural spaces, as tree cover provides shade and so helps to lessen the effects of extreme heat, and trees can help to improve air quality. We assessed the Local Plan for how planning could make the most of open space and nature to benefit health.

Some impacts may not be felt for years, but we owe it to the children of the borough and to future generations to do what we can to extract every benefit possible from future development in Havering and mitigate against the harms already being caused by modern living. To this end, we assessed the Local Plan for likely impacts on climate change and use of resources. The part that transport plays in limiting impact on the environment is covered under the section "Connections".

The challenges

- The population of Havering is projected to increase from 255,407 in 2017 to 270,232 in 2022 (6% increase).
- It will be important to ensure that a wide range of housing types and tenures is available and that the availability of 'affordable' homes is optimised.
- There is a need for 1,170 new homes a year.
- The populations in South Hornchurch, Romford Town and Brooklands wards are expected to increase the most over the next 15 years.
- 5.1% of all deaths in the over 30s in 2015 were caused by poor air quality. This compares to 4.7% in England and 5.6% in London.



We found that many of the planning policies already made a positive contribution to health, including the use of renewable energy sources. There were strong policies in place regarding construction techniques, including using recycled materials.

The policies were assessed as robust by requiring provision of appropriate ventilation, shading and landscaping, and greening for the promotion of positive mental health and wellbeing. These are features that are typical of the 'Healthy Streets' approach to creating environments that are conducive to walking and cycling and use of public transport. There were also policies in place to protect from noise pollution.



However, some policies could be further enhanced:

- That the use of renewable energy sources did not adversely impact on health and wellbeing (a).
- For residential accommodation to further promote high quality and independent living (b).
- To enhance social infrastructure to create a culture of inclusivity and meet the needs of a diverse and changing population (c,d).
- To ensure that the Green infrastructure in the borough would be preserved, enhanced and maintained in the future to promote mental and physical health as well as air quality (e,f).
- Given the latest evidence on air quality, a new and expanded policy was required to recognise the link between air quality and health (g).

- a. The Low Carbon Design, Decentralised Energy and Renewable Energy policy states that the Council will support proposals for wind turbines and renewable energy developments where there is no unacceptable impact on residential amenity in terms of noise, shadow flicker, vibration and visual dominance.
- b. Residential Design and Amenity policy was amended to include specific content about adaptations that allow people to live independently and safely in their own homes, and allow for adaptations in the future. The Council will require 90% of new build housing to meet 'Accessible and Adaptable Dwellings' Buildings Regulations and 10% to meet 'Wheelchair User Dwellings Regulations'.
- c. The Culture and Creativity policy was enhanced to specifically describe a need to create inclusive and diverse communities.
- d. Social Infrastructure policy was strengthened to serve all residents by ensuring new and existing social infrastructure are located within the community and incorporate an inclusive design.
- e. All proposals will be required to demonstrate that adequate arrangements have been made for future maintenance and management of landscaping and major development proposals should be supported by a comprehensive Management Plan.
- f. Green Infrastructure policy was enhanced with a statement that the Council will support development which includes green infrastructure on-site which is multifunctional and integrates into the wider green infrastructure network.
- g. A new Air Quality policy was developed in which the Council commits to improving air quality in Havering to improve the health and wellbeing of residents.



Opportunities

"We will provide first-class business opportunities by supporting the commercial development of companies within the borough, as well as being a hub for start-ups and expanding businesses. We will ensure sustainable economic growth that generates local wealth and opportunities, as well as securing investment in high-quality skills and careers."

The Havering vision

Having a good job is an important determinant of health and wellbeing for individuals, their families and their communities. Being unemployed is associated with poverty, illness and a loss of personal and social esteem.

Whilst having a job is important for health and wellbeing, working conditions themselves can have a negative impact. The physical conditions such as poorly designed buildings, low pay, shift work, lack of access to training and progression and job insecurity can all have an adverse effect.

Ensuring that local residents have the opportunity to access good employment relies on a range of factors, including encouraging

businesses to start up in the local area, availability of training, access to childcare and good transport links including safe, convenient and frequent public transport services to link the places where people live and the areas with jobs. In addition, it is also important that the employment conditions that result from those new opportunities have a positive impact on health.

We assessed the Local Plan for providing opportunities for residents to access work and training. We further assessed how the buildings and surrounding areas themselves might also impact on health.

The challenges:

- Worklessness is harmful to physical and mental health.
- Skilled work has more "protective" elements for good health
- Lower paid workers with fewer skills or qualifications are more likely to experience poor working conditions and worse health.
- There is greater unemployment in some groups, such as people with learning disabilities.
- 19% of Havering residents (over 16 yrs old) are educated to degree level, compared with 38% across London.



All of the policies had a positive impact on availability of work and training, for example:

- The Education policy supported the provision of childcare facilities that are accessible by public transport, walking and cycling.
- The Skills and Training policy commits to recruit local labour (20% for both residential and commercial) and offer opportunities to local businesses within their supply chains.
- As well as an established base of construction businesses, the borough is also home to the Havering College Construction Campus which can support the training needs of local residents.



A particular strength of the Local Plan was its commitment to provision of affordable housing, which provides stability and thus facilitates new and existing residents to take up opportunities for employment, education and training. The Affordable Housing policy seeks at least 35% affordable housing from new developments and encourages a range of housing types and tenures to help achieve this.

The relationship between employment outcomes and childcare, was acknowledged in the Local Plan as having an impact on health, with the availability of childcare being particularly important for women's employment outcomes. The Education policy highlighted that access to adequate, affordable and high quality childcare (pre-school and school age) provision can play a key role in children's development. The infrastructure delivery plan takes into account early years provision.

The assessment also identified an opportunity to strengthen policy relating to:

- Limiting the overconcentration of businesses which may have a negative health impact (a).
- Encouraging business growth and development of small businesses/start-up companies through provision of affordable workspaces (b).
- In terms of the health impact of the buildings and surrounding areas, we identified an opportunity to strengthen health and wellbeing of those working in new buildings (c).

- a. The Healthy Communities and Town Centre policies both now promote the diversification of uses within town centres and take into account premises that can have a negative health impact such as betting shops and fast food takeaways.
- b. The Affordable Workspace policy now states that the Council will promote opportunities for start-up and small and medium enterprises by expecting major commercial and mixed-use schemes to provide 20% of its floorspace as affordable workspace.
- c. The Healthy Communities policy now includes a requirement that health and wellbeing of a building's occupants should be considered and appropriate measures taken to prevent "sick building syndrome" by complying with the Building Regulations and the Chartered Institute of Building Services Engineers Guide on building control systems.



Connections

"We want to capitalise on our location with fast and accessible transport links both to central London and within the borough. Likewise, we will continue to make Havering a digitally-enabled borough that is connected to residents and businesses. Enhancing our connections will strengthen the borough's offer as a Greater London hub for business."

The Havering vision

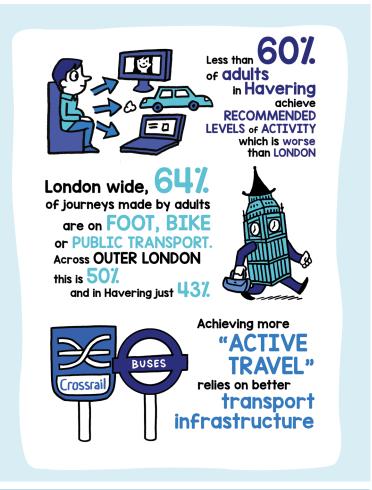
Good transport links are essential to enable residents to go about their daily lives, be employed in good jobs, to access training, and to maintain social networks. It is important to health that there is good infrastructure such as sports and leisure facilities, schools and healthcare services, and that convenient and reliable transport links enable access to those facilities and services.

In addition, physical health can be improved by "active travel", a term to describe how short journeys can be more physically active. Building physical activity into the day through active travel can make a big difference to health and wellbeing. Walking to a bus stop, walking the children to school, cycling to work, the shops or to catch a commuter train are all examples for how we can weave extra activity into our day. Havering has an extensive network of quiet traffic-free roads that are part of the National Cycle Network.

We assessed the Local Plan to consider where the Plan maximised access to public transport and provided opportunities for walking and cycling.

The challenges:

- Significantly fewer adults in Havering achieve recommended levels of physical activity, compared to both London and England.
- The daily commute is an easy way to increase physical activity. London wide, 64% of journeys made by adults are on foot, bike or public transport. Across outer London this is 50% and in Havering just 43%.
- As an outer London Borough, Havering faces different transport challenges to those in central and inner London and these need to be addressed in ways which recognise this.



Policies had a largely positive impact on physical activity, as, in line with the London Plan, they will serve to encourage people to undertake active travel, and encourage local businesses to support staff who wish to cycle to work by providing cycle storage and accessible showers.

The importance of improved public transport connections across the borough are highlighted in the Romford, and Rainham and Beam Park Strategic Development Area policies with the aim of significantly improving the public transport infrastructure linking Beam Park Station, Romford Town Centre and Queen's Hospital. Significant change



and improvement will be dependent on effective collaboration between the Council and a range of stakeholders including Transport for London.

However the assessment identified an opportunity to strengthen local policies:

- To ensure both new developments and strategic development areas promote and enhance access via active travel (a,b).
- To reduce the amount of traffic, and promote better air quality, by creating environments conducive to car sharing schemes (c,d).
- To ensure the needs of both a diverse and ageing population are catered for by supporting residents with mobility problems to maintain their independence and keep connected with their communities (e,f).

- a. Romford Strategic Development Area policy was enhanced to require developers seeking to develop land adjacent to the ring road to address its perception as a barrier for active travel including opportunities for its greening. This policy also now supports development which improves the quality of the pedestrian environment, including the greening of the town centre with new street trees and planting and enhanced provision for pedestrians and cyclists.
- b. Transport Connections policy was amended to create opportunities for even greater connectivity to promote active travel. This includes a requirement for new developments to include shared use routes for walking and cycling to public open spaces and parks, which will promote active recreational activities.
- c. Through Havering's Local Implementation Plan Annual Spending Submission, the Council will continue to deliver initiatives that enable sustainable and active travel across the borough and help to meet its statutory targets and support the Healthy Streets agenda. New funding opportunities will be sought to assist with delivering Havering's strategic transport intervention aspirations.
- d. Parking Provision and Design policy now includes a commitment by the Council to support proposals that include car club membership and to provide car club parking spaces.
- e. Specialist Accommodation policy now includes a requirement that visitor and carer parking facilities are provided and where appropriate, provision is made for the safe and convenient storage of wheelchairs and mobility scooters.
- f. Parking Provision and Design policy now refers to supporting developments that comply with the London Plan parking standards for all other forms of parking including for cycles, motor-cycles, cars for disabled people, electric vehicle charging points and coaches.

The Health Impact Assessment Destination

The health impact assessment process resulted in policies being amended and new policies being developed. These are presented in greater detail in a report that accompanies the Local Plan. The report also includes three additional recommendations to improve health and wellbeing:

- 1. That there should be ongoing joint working between Public Health and Planning, to make health and wellbeing a central consideration in all future policies and plans.
- 2. That all developments of ten units or more should include a health impact assessment stage; the scale of the assessment to be proportionate for the size of the development.
- 3. That we promote the value of health impact assessment for smaller developments of less than ten units.

Over the next eighteen months, our teams will have much more work to do to embed health and wellbeing into our planning processes. During 2018-19 our public health specialists will be delivering training about health and wellbeing in planning to all in the planning team and both teams will work together to produce a set of guidance and tools for developers.

Final word from the Director of Public Health

The 2016 Annual Report of the Director of Public Health focused on how we can prevent obesity, in part by tackling the "obesogenic environment" that predisposes us all to gain weight. Using health impact assessment to shape the environment so that healthy choices are more and more the norm is a key part of our obesity prevention strategy. So it's particularly gratifying to see that this proposal has been seen through and embraced so warmly by colleagues in planning.

The report also illustrates just why local authorities are so well placed to lead on health improvement for the communities they serve in that they can shape so many of the "upstream" factors that influence health.

Since we transferred into the Council in 2013, the public health service has been working in a business partnering arrangement with teams across the Council. We have worked together with the eventual aim of embedding health and wellbeing in everything the Council does. I would like to take this opportunity to thank those in my team, colleagues across the Council, and elected members for their support in putting "health in all policies". I hope that this report helps to demonstrate how the "health in all policies" approach is both practical and valuable, and one that we will continue to progress until literally every decision is informed and shaped by an awareness of if and how it will impact on the health and wellbeing of residents.

Acknowledgements

I would like to thank Elaine Greenway, Louise Dibsdall and Lauren Miller who led the HIA and Oriean Kay, Kayley Johnson, James Baylay and Don Lindsay who contributed so much to this report.

Further reading

- Department for Communities and Local Government (2017)
 The role of health and wellbeing in planning
- Local Government Association (2013)
 Changing behaviours in public health: to nudge or to shove?
- London Borough of Havering Achieve a healthy weight
- London Borough of Havering Havering Local Plan
- London Borough of Havering (2017)
 This is Havering; a demographic and socio-economic profile; some key facts and figures
- London Healthy Urban Development Unit Promoting healthy communities
- NHS England Healthy New Towns
- National Institute for Health and Care Excellence (NICE) (2017)
 Air pollution: outdoor air quality and health
- Public Health England (2014)
 Local action on health inequalities; increasing employment opportunities and improving workplace health
- Public Health England (2015)
 Local action on health inequalities: promoting good quality jobs to reduce health inequalities
- Public Health England & Local Government Association (2017)
 Strategies for encouraging healthier 'Out of home' food provision
- Transport for London Transport and health
- World Health Organization Health impact assessment

Appendix 1 Local Plan Policies

Policy no	Policy name	Health Impact Assessment Special Focus			
		Communities	Places	Opportunities	Connections
1	Romford Strategic Development Area	v	V	V	V
2	Rainham & Beam Strategic Development Area	✓	V	V	V
3	Housing supply		V	V	
4	Affordable housing		V	V	
5	Housing Mix	v	V		
6	Specialist accommodation	✓	V		V
7	Residential design & amenity	V	V	✓	
8	Houses in multiple occupation		V	V	
9	Conversions & subdivisions			V	
10	Garden & backland development			V	
11	Gypsy & traveller accommodation	✓			
12	Healthy communities	✓	V	V	V
13	Town centre development	✓	✓	✓	
14	Eating & drinking	✓	V	V	
15	Culture & creativity	✓	v		
16	Social infrastructure	✓	V		V
17	Education			✓	
18	Open space, sports & recreation	✓	V		
19	Business growth		✓	✓	
20	Loss of industrial land		V	✓	
21	Affordable workspace			✓	
22	Skills & training	✓		V	
23	Transport connections	V	✓	✓	V
24	Parking provision & design	✓	~	V	V
25	Digital connections			v	V
26	Urban design	✓			
27	Landscaping		/		
28	Heritage assets	✓			
29	Green infrastructure	~	✓		
30	Nature conservation	✓	~		
31	Rivers & river corridors		V		
32	Flood management		~		
33	Air quality	~	~		
34	Managing pollution		V		
35	On-site waste management		V		
36	Low carbon design, decentralised energy & renewable energy		V		
37	Mineral reserves		V		
38	Mineral extraction		V		
39	Secondary aggregates		V		

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