

### **Healthy Living Principles**

1. Actively promoting and enabling community leadership and participation in planning, design and management of buildings, facilities and the surrounding environment and infrastructure to improve health and reduce health inequalities.
2. Reducing health inequalities through addressing wider determinants of health such as the promotion of good quality local employment, affordable housing, environmental sustainability and education and skill development.
3. Providing convenient and equitable access to innovative models of local healthcare services and social infrastructure, with the promotion of self-care and prevention of ill health.
4. Providing convenient and equitable access to a range of interesting and stimulating open spaces and natural environments ("green" and "blue" spaces) providing informal and formal recreation opportunities for all age groups.
5. Ensuring the development embodies the principles of lifetime neighbourhoods and promotes independent living.
6. Promoting access to fresh, healthy and locally sourced food (e.g. community gardens, local enterprise) and managing the type and quantity of fast-food outlets
7. Encouraging active travel, ensuring cycling and walking is a safer and more convenient alternative to the car for journeys within and without the development and providing interesting and stimulating cycle/footpaths.
8. Creating safe, convenient, accessible, well designed built environment and interesting public spaces and social infrastructure that encourages community participation and social inclusion for all population groups including: older people, vulnerable adults, low income groups and children.
9. Embracing the Smart Cities agenda by incorporating and future-proofing for new technology and innovation that improves health outcomes across a range of areas both at an individual level and also within the public realm.
10. Ensuring workplaces, schools, indoor and outdoor sports and leisure facilities, the public realm and open spaces are well designed in ways which promote an active and healthy lifestyle, including regular physical activity, healthy diet and positive mental health.

### **Useful links:**

King's Fund: Putting Health into Place Interim Report (2018) Accessible here:  
<https://www.kingsfund.org.uk/sites/default/files/2018-09/putting-health-into-place-nhs-england.pdf>

NHS England Healthy New Town Programme. Accessible here:  
<https://www.england.nhs.uk/ourwork/innovation/healthy-new-towns/>

NHS Long Term Plan <https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/nhs-long-term-plan.pdf>