

## **Fylde Healthy Living Supplementary Planning Document (Scoping)**

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## **Consultation information**

This document has been produced by the Council as part of the preparation of a Supplementary Planning Document (SPD) on Healthy Living. Councils are required to consult when preparing an SPD (Regulation 12 of the Town and Country Planning (Local Planning) (England) Regulations 2012). The Council must then prepare a summary of the main issues raised and how those issues have been addressed in the SPD.

This consultation therefore invites representations on what the Healthy Living SPD should contain. The representations received will be considered, and will inform the content of the draft SPD. The draft SPD will then be subject to a further consultation (under Regulation 12b and 13 of the Town and Country Planning (Local Planning) (England) Regulations 2012).

## **How to Respond**

Responses should address the questions in each section of the document, by reference to the question number. The Council's preference is for responses to be sent by email to [PlanningPolicy@fylde.gov.uk](mailto:PlanningPolicy@fylde.gov.uk). Alternatively they may be sent by post to Planning Policy, Fylde Council, Town Hall, St Annes Road West, Lytham St Annes, Lancashire FY8 1LW.

## Vision

***“By 2032 Fylde will be a healthy place with healthy communities. Access to healthy lifestyle choices and local health care facilities will be significantly improved. Communities will have the opportunity to partake in active travel through the provision of public services, good jobs and public transport links close to where they live through the delivery of mixed use development. A reduction in inactivity, obesity and social isolation will be seen as a result of the provision of optimum community facilities and activities. Whyndyke Garden Village will see the delivery of lifetime homes, suitable for people throughout their life course and enabling people to live in a healthy state in their own home for longer.”***

## Introduction

Health and wellbeing mean different things to different individuals. It is much more than simply an absence of illness. Health is defined by the World Health Organisation (WHO) as ***“a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity.”*** Wellbeing is a key component of good health, but it is also a much broader concept arising from the action of individuals and a host of collective goods and relationships with other people. Wellbeing can be understood as ***“a positive physical, social and mental state: it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, with which they feel able to achieve important personal goals and participate in society’.***

Health in Fylde is varied compared with the England average. The context of the Borough of Fylde means that there is a higher than average proportion of retired residents and as a consequence, the number of people with dementia is higher than the national average. With an ageing population, this number is likely to increase over the coming years. There is a requirement for activities for young adults and children that promote physical activity which can consequentially influence obesity levels now and in the future. Alcohol consumption is a concern and evidence suggests that road safety improvements are required, with children in Fylde being particularly vulnerable as pedestrians or when cycling (Public Health England, Fylde District, Health Profile 2015, Fylde Local Plan to 2032 ). A higher percentage of people in Fylde are affected by long-term health problems than the national average. These include diseases of the heart and blood vessels, diabetes, kidney disease and stroke. Additionally, there is a disparity in the life expectancies of people living in the most deprived and least deprived areas of the Borough, creating a subsequent disparity in levels of health and wellbeing (Fylde Local Plan to 2032).

‘Health and Wellbeing’ is a concept that runs throughout the Vision, Objectives and Cross Cutting Themes of the Fylde Local Plan to 2032 and is consequently truly embedded within its policies and proposals. The Supplementary Planning Document (SPD) will provide further detail and guidance in relation to policies and proposals within the Fylde Local Plan to 2032, adopted by the Council on 22<sup>nd</sup> October, 2018. The main objective of the SPD is to provide greater detail with respect to health and wellbeing and also further guidance on issues related to achieving a state of healthy living. The scope of this SPD is limited to the legislative remit of Fylde Council as the Local Planning Authority.

This SPD Scoping Report is intended to describe the proposed scope/content of the SPD. It includes questions about the proposed content and options for dealing with particular issues. Any responses made in relation to this SPD scoping report will be investigated and the evidence will be assessed before a decision is made by the Council regarding its inclusion in the final SPD.

## Issues and Objectives

### Issues

- Fylde has a higher than average proportion of retired residents and this is set to increase. A proportion of the over 65 population are not in a state of good health.
- There is a significant difference in the life expectancy of both men and women living in the most deprived and the least deprived areas of the Borough.
- The percentage of physical active adults in Fylde is significantly lower than the England average.
- The rate of people killed and seriously injured on roads in Fylde is worse than the England average.
- Cycle facilities do not necessarily work for all users and there is limited interchange between public transport and cycling.
- Poor transport infrastructure designed for cycling and walking dissuades people from traveling by these modes.
- Fylde is significantly worse than the England average in terms of adults (16+) being overweight or obese.
- Provision of opportunities for leisure are minimal without car access.
- Some areas of the Borough (Warton) have poor access to community facilities.
- Access to some of the Borough's most important Green Infrastructure assets is limited.
- There are groups within the population that have poorer health outcomes than the general population.
- Fylde has high levels of social isolation, with 7% (2400) of all Fylde households estimated to be socially isolated, including 9% of all households in Lytham and St Annes.

### Objectives

- To provide more dwellings and activities throughout the Borough to enable older people to lead more active and healthy lives.
- To provide lifelong homes at Whyndyke Garden Village that will support people through each stage of their lives.
- To reduce the disparity in life expectancy in Fylde by focussing on providing healthy places for healthy living in areas with lower life expectancies.

- To provide guidance on how opportunities for creating healthier developments can be maximised and achieved and apply this to construct a Garden Village called Whyndyke Garden Village with the application of Healthy New Town Principles.
- To promote the importance and to maximise the opportunities for physical activity through a well-designed streetscape and public realm, access to excellent cycling and walking infrastructure and access to high quality natural areas.
- To investigate areas of higher Road Traffic Accidents and liaise with the Highways Department at Lancashire County Council to see where and how improvements could be made.
- To maximise the potential of existing cycling facilities in the Borough and promote their implementation in new developments.
- To clarify the importance of accessibility, especially in terms of cycling and walking infrastructure and make cycling and walking the convenient travel choice for short journeys to help create healthy, sustainable communities.
- To investigate the evidence relating to obesity in Fylde and produce guidance with respect to the location of Hot Food Takeaways.
- To improve activity levels for all in Fylde by providing opportunities for everyone to be active and engage in activities in and around the place in which they live.
- To facilitate access to community facilities, including health and social infrastructure and developing socially cohesive, diverse and healthy communities by promoting investments in the provision of new formal indoor and outdoor sports facilities across the Borough.
- To link up the Green Infrastructure network across Fylde.
- To create equality and facilitate social interactions by creating a shared vision between communities, new housing developments and Gypsies and Travellers and Travelling Showpeople.
- To raise awareness and investigate social isolation and promote the need for futureproofed community hubs in new developments such as Whitehills and Whyndyke Garden Village.
- To encourage an increase in the number of Health Impact Assessments so that proposals ensure the maximising of positive health impacts and provide adequate mitigation against any potential negative impacts.
- To ensure comprehensive engagement with Public Health leads, health organisations, other Local Planning Authorities and other interested bodies including the local community.

## **Planning, Policy and Public Health Context**

***“Health problems such as obesity, chronic heart disease, stress and mental health issues are intricately linked to the physical environments in which people live and work. Cities need growth, but at the heart of that must be citizens’ wellbeing. It makes economic sense, and good planning can help to achieve both.”*** (Jane Askew, former President of the Royal Town Planning Institute (RTPI), 2015).

The linkages between health and the natural and built environment have long been established, and an increasing body of research indicates that the environment in which we live is inextricably linked to our health across the life course. For example, the design of neighbourhoods can influence physical activity levels, travel patterns, social connectivity, mental and physical health and wellbeing outcomes (Public Health England, 2017).

A key consideration is to ensure that the future needs required to support health and wellbeing are reflected and taken account of in the planning process.

### **The Role of the NHS/ Health Responsibilities**

#### **The Marmot Review**

In November 2008, the then Secretary of State for Health asked Sir Michael Marmot to chair an independent review to propose the most effective evidence based strategies for the reduction of health inequalities in England from 2010. The final report ‘Fair Society, Healthy Lives’ recommended that the planning system should be fully integrated with transport, housing, environment and health policy. Furthermore, six main policy objectives were published, which concluded that action on these objectives would be the best way to begin to reduce health inequalities.

The objectives are:

1. Give every child the best start in life.
2. Enable all children, young adults and adults to maximise their capabilities and have control over their lives.
3. Create fair employment and good work for all.
4. Ensure a healthy standard of living for all.
5. Create and develop healthy and sustainable places and communities.
6. Strengthen the role and impact of ill-health provision.

Delivering this action requires work by central and local government, the NHS, the third and private sectors and community groups, as national policies will not work without effective local delivery systems. This is supported by the ‘White Paper: Healthy Lives, Healthy People: Our strategy for Public Health in England. Here it is acknowledged that *“local government and local communities will be at the heart of improving health and wellbeing for their populations and tackling inequalities.”* Local delivery requires effective participatory decision-making at local level, which can only happen by empowering individuals and local communities (National Institute of Clinical Excellence, 2010).

#### **The Wider Determinants of Health**

The health and wellbeing of individual people and local communities can be affected by a wide range of factors. These factors concern the society, the environment, the economy and health. They are generally interconnected with one another. These determinants of health include the natural and built

environment. Spatial Planning can therefore be used to address a wide range of health issues including social isolation, poor air quality, physical inactivity and conditions related to this, such as obesity.

### **An Assessment of Local Health and Wellbeing (Lancashire Insight)**

The Fylde Health Profile 2017 (PHE), reveals that the health of the Borough's people is varied compared with the England average, however, addressing the wider determinants of health continues to be important in Fylde. Due to the fact the district has a higher than average proportion of elderly residents, mobility, social connectedness and ensuring good mental health are crucial priorities.

The population in Fylde has a growing number of older people. There are already 10% more adults aged over 45 and 8% more adults aged over 65 than the national average. By 2022 it is expected that the number of people aged over 70 will have increased by approximately 28% and by 2030, the number of people over the age of 85 is expected to have doubled. This will increase the pressure on services as people are much more likely to develop multiple long-term conditions such as diabetes, heart disease, breathing difficulties and dementia. (The Fylde and Wyre Clinical Commissioning Group).

Whilst the life expectancy for men and women is similar to the England average, life expectancy is 9.3 years lower for men and 8.5 years lower for women in the most deprived areas of Fylde compared to the least deprived areas. This emphasises the critical nature of inequalities in terms of health outcomes.

The number of children classified as obese in Year 6 (15%) is better than the England average as is the number of children (14%) who live in low income families.

The rate of alcohol-related harm stays per year stands at 585 and the rate of self-harm hospital stands at 175 stays per year, both worse than the England average. Additionally, the rate of people killed and seriously injured on the roads, smoking status at time of child delivery and incidences of new cases of malignant melanoma are worse than average. However, rates of sexually transmitted infections, tuberculosis, violent crime and long term unemployment are better than average.

### **The Fylde and Wyre Clinical Commissioning Group (CCG)**

The Clinical Commissioning Group for Fylde and Wyre consists of 19 GP practices which provide care for over 150,000 registered patients. Blackpool Teaching Hospitals NHS Foundation Trust is the main provider of secondary health care for the area whilst the Lancashire Care Foundation Trust is the main provider of inpatient and specialist community mental health and learning and disability services.

CCGs around the country are encouraging all GP practices to become part of a local Primary Care Network (PCN). Based around a GP's list of approximately 30,000-35,000 patients, PCN'S incorporate general practice and other partners in community and social care. These systems can provide care on a scale small enough for continuous care, but large enough, in their partnerships with others in the local health system to be resilient (NHS PCNs, 2018). The networks provided by a PCN can result in early detection of conditions and can give patients the confidence to manage their conditions away from a hospital setting. Self-care will be promoted and enabled through social prescribing and community empowerment (Healthier Lancashire and South Cumbria). This is a component of a wider prevention framework.



## **The Lancashire Health and Wellbeing Strategy**

The Lancashire Health and Wellbeing Strategy was developed by Lancashire's Health and Wellbeing Board. The ambition for the strategy is that it will enable productive collaborative working to "deliver real improvements to the health and wellbeing of Lancashire's citizens and communities."

Informed by intelligence from the Joint Strategic Needs Assessment for Lancashire<sup>1</sup>, it is apparent that there is a need to focus work to deliver the strategy across the whole life course, with coordinated interventions in childhood, adulthood and old age. The Health and Wellbeing Board agreed on three overarching goals for the strategy, which need to be achieved by the year 2020. These are:

- Better Health and Wellbeing
- Better Care and
- Better Value

These three goals are used in the Fylde Local Plan to 2032 to help achieve Policy HW1 – Health and Wellbeing.

## **NHS England's Five Year Forward View**

The Five Year Forward View, published in October 2014 by NHS England sets out a clear direction for the NHS. It provides the scope for developing and providing sustainable and personal health and care services over the next 5 years (NHS Confederation, 2015).

The Five Year Forward View identifies three areas that have a large and ever widening gap between current NHS resources and the demand on the service. Fundamental change is needed to close the following gaps:

- Health and Wellbeing,
- Care and Quality; and
- Funding and efficiency.

Based on these, the key points and recommendations emerging from the 5 Year Forward View include:

- More needs to be done to tackle the "root causes of ill health". The plan backs "hard hitting action on obesity, alcohol and other significant health risks, noting that the future sustainability of the NHS depends on a fundamental upgrade in prevention and public health."
- The plan commits to giving patients more control over their own care. It includes the option of combining health and social care and increased support for carers.
- It claims that the NHS must change to meet the needs of the patients who are living longer and have more complex conditions. As a result their needs are more demanding. The plan sets out new models of care that "break down the boundaries between traditional healthcare settings, physical and mental health and health and social care".
- It sets out measures needed to develop and deliver the new models of care. (Nursing Times, 2014).

The Next Steps of the NHS Five Year Forward View was published in 2017 to review the progress so far and present steps for further improvement. The Next steps document is split into a number of

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<sup>1</sup> An assessment that aims to describe the current and future health, care and wellbeing needs of the local population.

different categories including mental health, primary care, integrating care locally and harnessing technology and innovation.

Whilst some actions can be brought about by the NHS itself, other actions require new partnerships with local communities, local authorities and employers (NHS, 2014). Local authorities have statutory responsibilities for improving the health of their communities. Actions such as limiting hot food takeaways in close proximity to schools, taking action on alcohol and smoking and promoting developments suited to lifetime living and the ability for self-care are a number of measures that could result in positive outcomes.

### **Healthy New Towns (A collaboration between health and planning)**

In the NHS Five Year Forward View, a commitment was made to dramatically improve population health and integrate health and care services as new places are built and take shape. In March 2016, the head of NHS England announced plans to create ten NHS-supported 'Healthy New Towns' across the country with the potential to provide more than 76,000 new dwellings for approximately 170,000 residents.

Combining the need to accelerate housing numbers with the principles laid out in the Five Year Forward View, the Healthy New Towns Programme explores how new housing developments can achieve improved health outcomes (NHS, Healthy New Town Network Prospectus). Building strong and healthy places and communities can contribute to the reduction of the three gaps referred to in the Five Year Forward View. As stipulated in the NHS Healthy New Town Prospectus, good urban and housing design promotes healthy lifestyles and thus can prevent illnesses. Additionally, older people can be supported by the latest technology to live in their homes longer, supporting their independence and overall health. Building new developments provides an essential opportunity to radically reshape health and care services which can assist with the changing needs of the population and contribute to the long term financial sustainability of the NHS.

This is supported by the Chief Executive of the NHS, Simon Stevens:

*“The much-needed push to kick start affordable housing across England creates a golden opportunity for the NHS to help promote health and keep people independent. As these new neighbourhoods’ and towns are built, we’ll kick ourselves if in ten years’ time we look back having missed the opportunity to ‘design out’ the obesogenic environment, and ‘design in’ health and wellbeing” (NHS England, 2016).*

To achieve this successfully, new approaches to shaping the built environment are needed. These could include:

- Building healthier homes and environments that support independence at all stages of life,
- Tackling unhealthy and obesogenic environments by creating walkable neighbourhoods with improved infrastructure for safe and active travel and more accessible public transport,
- Providing easy access to healthy and affordable food in the local area,
- Implementing a new ‘operating system’ for health and care that achieves ‘triple integration’ between primary and secondary care, mental and physical health, and health and social care,
- Creating connected neighbourhoods, strong communities and inclusive public spaces that enable people of all ages and abilities from all backgrounds to mix; and,
- Designing healthy workplaces, schools and leisure facilities that make the most of opportunities to encourage physical activity, healthy eating and positive mental health and wellbeing (NHS: The Forward View into Action, 2015).

Places that were planning large scale housing development were invited to take part in the programme by submitting an Expression of Interest. In March 2016, Whyndyke Garden Village was chosen as one of the ten Healthy New Town demonstrator sites. The majority of the site, is located in Fylde Borough with a small part (7.6 hectares) located in Blackpool. An outline planning application has been approved for 1,400 homes - 1,310 in Fylde and 90 homes in Blackpool, of which 30% will be affordable. Additional information on affordable housing will be provided in the Affordable Housing SPD. The ambition for Whyndyke Garden Village is to provide the homes, jobs and services that people need, reducing environmental risks and delivering well designed buildings and urban spaces which will create the conditions for healthy, active lifestyles. Education, employment, leisure, health and residential accommodation will be provided on the site with the intention to integrate efficiently and effectively with existing settlements.

Whyndyke Garden Village is a key component of the Fylde Local Plan to 2032 and is presented within Policy SL2 as a Strategic Location for Development on the Fylde- Blackpool Periphery. It is also presented as a future Local Service Centre within Policy S1 – The Proposed Settlement Hierarchy and as a site for new employment land in Policy EC1 – Overall Provision of Employment Land and Existing Employment Sites.

The delivery of Whyndyke Garden Village is, understandably, paramount to the success of Policy HW1 – Health and Wellbeing.

The five main priorities for Whyndyke Garden Village are:

- Developing the model of healthcare provision.
- Pushing the telehealth care agenda.
- Developing a healthy community facility.
- Encouraging physical activity.
- To create a dementia friendly home for life long living.

‘Putting Health into Place’ is to be published by NHS England in 2019. This will set out national recommendations for change and provide practical tools for anyone involved in creating new places based on 10 principles that should be encompassed by the Healthy New Towns. The principles are as follows:

1. Plan ahead collectively.
2. Plan integrated health services that meet local needs.
3. Connect, involve and empower people and communities.
4. Create compact neighbourhoods.
5. Maximise active travel.
6. Inspire and enable healthy eating.
7. Foster health in homes and buildings.
8. Enable healthy play and leisure.
9. Provide health services that help people stay well.
10. Create integrated health centres.

These principles have been included in the Section 106 agreement.

## **The Role of Planning**

### **The National Planning Policy Framework (NPPF)**

The NPPF was published in July 2018 and sets out the Government's planning policies for England and how these are expected to be applied.

In relation to healthy living:

Paragraphs 7-10 of the NPPF acknowledge that the purpose of the planning system is to contribute to the achievement of sustainable development, with paragraph 10 stating that **“a presumption in favour of sustainable development”** is at the heart of the Framework. To achieve sustainable development the planning system has three overarching objectives: economic, social and environmental, which are co-dependent and thus need to be pursued in mutually supportive ways. These objectives should be delivered through the preparation and implementation of plans and the application of policies in the Framework.

Paragraph 8b acknowledges that in order to provide and promote sustainable development, “strong, vibrant and healthy communities” should be supported. This can be done through ensuring the provision of an adequate number and type of homes to meet the needs of the current population and those in the future. Well-designed and safe built environments, with accessible services and open spaces that reflect current and future requirements and support communities health, social and cultural wellbeing, are also vital.

Paragraph 91 asserts that planning policies and decisions should aim to achieve healthy, inclusive and safe places. These places should promote social interaction, are safe and accessible and enable and support healthy lifestyles especially where this would address identified local health and well-being needs. This is supported by paragraph 92 a-e, which highlight the elements required to provide the social, recreational and cultural facilities and services that the community needs. These include planning positively for the provision and use of shared spaces, community facilities and other local services, supporting the delivery of local strategies to improve health, social and cultural wellbeing, and guarding against the loss of valued facilities.

Paragraph 96 identifies the importance of access to a network of high quality open spaces and opportunities for sport and physical activity in its contribution to the health and wellbeing of communities. This is supported by the Fylde Local Plan to 2032 with the ‘protecting, increasing and enhancing open space, sport and recreation provision and the Green Infrastructure network throughout the Borough’ assisting in the achievement of Strategic Objective 5.

Lancashire County Council's Director of Public Health, through the Health Equity, Welfare and Partnerships service, is collaborating with Lancashire's local planning authorities (LPAs), including Fylde Council, to take account of local health issues and considerations, through the provision of local health data and advice. Due to the emphasis on partnership working, this SPD takes into account information provided by Public Health and other relevant parties.

### **Fylde Local Plan to 2032**

Current planning policy recognises the contribution that planning can make to improving health and wellbeing. The Fylde Local Plan to 2032, adopted on 22<sup>nd</sup> October, 2018, has a number of policies which are intended to help deliver health and wellbeing.

Chapter 10: Health and Wellbeing contains:

- **Policy HW1- Health and Wellbeing.** This policy focuses on integrating public health and planning principles to help reduce health inequalities. It also takes account of the three goals set out in the Lancashire Health and Wellbeing Strategy. It sets out the methods by which this policy could be achieved, including collaborative working with Lancashire County Council and health professionals, seeking appropriate land or financial contributions, safeguarding and encouraging the provision of allotments and garden plots and promoting improvements to cycling and pedestrian routes. Finally, it acknowledges the requirement for a Health Impact Assessment should the screening process demonstrate a need.
- **Policy HW2 – Community Facilities.** This policy recognises the important role of community facilities in providing the health and wellbeing, social, educational, spiritual, recreational, leisure and cultural needs of the community. It recognises that when independent of a new development, co-location should be considered in accessible community buildings, for example, using a hall or a public house as a venue for a post office, or a healthcare facility several days a week. Finally, the policy proposes new locations for community facilities and acknowledges that the loss of any community facility will be resisted unless it can be demonstrated that the facility’s continued operation is no longer required or it can be relocated to a location that is equally accessible to its users.
- **Policy HW3 – Protection and Provision of Indoor and Outdoor Sports Facilities.** This policy recognises that public accessible urban open space, play and sports facilities all have a vital role to play in helping to promote healthier lifestyles. It will provide appropriate indoor and outdoor sports facilities for the Fylde communities by protecting existing indoor and outdoor sports facilities and supporting new indoor and outdoor sports facilities. Finally, it emphasises the importance of major residential developments contributions to new or improved sports facilities where there is a recognised need or increased demand.

Other relevant policies include:

- **Policy M1 – Masterplanning the Strategic Locations for Development.**

This policy requires that all masterplans for strategic locations for development should meet a list of criteria. Criterion ‘f’ acknowledges the need for an appropriate level of retail, leisure, social, cultural, community and health facilities to meet the needs of the residents of the new development without undermining the characteristics of the existing towns or centres.

- **Policy GD6 – Promoting Mixed Use Development.**

This policy encourages mixed uses on strategic sites. This allows for the provision of local retail centres and access to employment, commercial, leisure, community and recreational opportunities close to where people live and work.

- **Policy GD7 – Achieving Good Design in Development.**

This policy states that development will be expected to be of a high design standard. A high quality built environment and good design which facilitates cycling and walking has a positive effect on the health and wellbeing of a community. Green infrastructure can help make space for nature in urban areas, promote better health and affect people’s sense of wellbeing, defining how they feel about the places where they live. Criterion ‘l’ outlines the requirements

for protecting existing natural assets and providing enhancements to open spaces to encourage people to use them. Additionally, criterion 'm' states that in line with the Equalities Act, provision must be made for the needs of the specific groups in the community such as the elderly and those with disabilities.

- **Policy EC2 – Employment Opportunities.**

Employment is a wider determinant of health and the effects of unemployment, unstable employment and lack of access to employment can damage long-term health and wellbeing. The availability of land in the Borough for employment opportunities is limited, and thus this policy seeks to retain the continued employment use of existing employment sites. Criterion 'a' states that accommodation for employment purposes should be flexible and suitable to meet changing future employment needs and provide for the requirements of local businesses and small firms. This will ensure the provision of a wide variety and accessible employment for local communities into the future.

- **Policy H1 - Housing Delivery and the Allocation of Housing Land.**

This policy states that the Council will provide for and manage the delivery of new housing in Fylde by applying a minimum housing requirement of 415 net homes per annum for the plan period. Sufficient land will be made available to deliver a minimum of 8715 new homes up to the end of the Plan period in 2032. This will increase access to high-quality housing for all.

- **Policy H2 – Density and Mix of New Residential Development.**

Provision of good quality housing is essential to good health. It can be argued that access to high quality, affordable housing in neighbourhoods that promote health and wellbeing is one of the most unequally distributed of all of the social determinants of health. This policy sets out the requirements for the density and mix of new residential development in the Borough. It recognises that a broad mix of types and size of homes will be required to reflect the demographics and housing requirements of the Borough and different considerations will arise from developments of different densities. Specialist accommodation will be required to meet the ageing need of Fylde's population. The policy states that at least 20% of homes within residential developments of 20 or more homes should be designed specifically to accommodate the elderly, including compliance with optional technical standard M4(3(2A)) (wheelchair-adaptable dwellings) unless it is proved that this would render the development unviable. This policy is supported by Policy H4- Affordable Housing.

- **Policy H4 - Affordable Housing.**

This policy sets out the requirements for the provision of affordable housing in the Borough. With 'affordable housing' recognised as an important wider determinant of health, all market housing schemes of 10 or more homes will be required to provide 30% affordable housing/starter homes unless viability testing demonstrated that this provision would prevent delivery of the development. The policy proceeds to lay out requirements for the tenure and size and type of affordable housing.

- **Policy H5 – Gypsies, Travellers and Travelling Showpeople's sites.**

- a) This policy sets out the requirements for additional pitches or plots for Gypsies, Travellers and Travelling Showpeople in Fylde up to the end of the Plan period. Where additional need is

evidenced and cannot be accommodated in the allocated sites, permission for new Gypsies, Travellers and Travelling Showpeople's sites will be granted where all the criteria in the policy can be met. Criterion 'e' states that the site would not be isolated and should be within or proximate to a settlement which can provide education, health, welfare and employment infrastructure. Local environmental quality with respect to noise and air quality should not have a detrimental impact on the health and wellbeing of Gypsies, Travellers and Travelling Showpeople.

- **Policy INF1 – Service Accessibility and Infrastructure.**

Development will be required to provide essential site service and communications infrastructure and support the infrastructure requirements set out in the Infrastructure Delivery Plan. The policy recognises that for Fylde to protect and create sustainable communities, development proposals should contribute towards improvements to existing infrastructure and provision of new infrastructure, as required to meet the needs of the development. This will allow for the provision of infrastructure that can influence the health and wellbeing needs of the community. These will be secured through a Planning Obligation or the Community Infrastructure Levy (CIL).

- **Policy INF2 – Developer Contributions.**

This policy states that development will normally be expected to contribute towards the mitigation of its impact on infrastructure, services and contribute to the requirements of the community. Developments may be required to contribute towards; affordable housing; community facilities providing for the health, spiritual, recreational, leisure and cultural needs of the community; and enhancing the functionality, quality, connectivity and accessibility of the Green Infrastructure network – the network of natural environmental components and green and blue spaces (such as outdoor sports facilities, open space, parks, allotments, play areas, enhancing and conserving biodiversity and management of environmentally sensitive areas).

- **Policy T4 – Enhancing Sustainable Transport Choice.**

This policy recognises that community health and wellbeing should be improved by providing alternative means of sustainable transport such as walking and cycling. This will be achieved through protecting and enhancing the existing public rights of way network; the provision of additional footpaths, cycleways and bridleways where appropriate; and safeguarding land for the provision of a continuous footpath, cycleway and bridleway network along Fylde's coastline. Utilisation of these methods will also reduce transport emissions, such as carbon dioxide and other greenhouse gases, again having a positive public health impact.

- **Policy ENV1 – Landscape.**

An increasingly strong evidence base demonstrates the positive effects that access to good quality landscapes has on health and wellbeing. This policy seeks to ensure that development will have regard to its visual impact within its landscape context and the landscape type in which it is situated. Supported by the Lancashire Landscape Character Assessment (2002) development will be assessed to consider whether it is appropriate to the landscape character, amenity and tranquillity in which it is situated. The Council will encourage

appropriate landscaping on new development sites, which will complement existing natural features such as hedges and ponds.

- **Policy ENV2 – Biodiversity.**

Biodiversity not only provides life-sustaining goods and services but the conservation and sustainable use of biodiversity can provide significant benefits to people’s physical and mental health. This policy is concerned with the protection and enhancement of Fylde’s biodiversity and geological assets and interests. Additional information can be found in the Biodiversity SPD.

- **Policy ENV3 – Protecting Existing Open Space (the Green Infrastructure Network).**

This policy protects the existing areas of public open space (identified on the Policies Map) from inappropriate development. This includes parks and gardens, amenity greenspace, children’s play areas, local areas and local equipped areas for play, youth provision, allotments and sports pitches. Fylde’s Public Rights of Way network, comprising footpaths, byways, cycleways and bridleways will also be protected and opportunities to extend the network will be safeguarded from development.

- **Policy ENV4 Provision of New Open Space (the Green Infrastructure Network).**

This policy sets out the amount of new amenity open space that will be required. Opportunities for movement and activity will be maximised, with new housing developments of ten or more homes being required to provide facilities for children’s play. The minimum standards of these areas alter depending on the size of the development. Green open space should be safe, accessible, of high quality and be provided as a single central usable facility. Where there is an identified over-provision of open space in close proximity to the application site, the monies generated from the development of the site and development in close proximity to it will be used to enhance the quality of, and accessibility to, the existing open space network.

## **Neighbourhood Plans**

Neighbourhood Plans give communities greater ownership of the plans and policies that affect their area and gives direct power to develop a shared vision and shape the growth and development of their local area (Planning Practice Guidance, 2014). The Neighbourhood Plans formed by communities within Fylde should be in conformity with the strategic policies presented in the Fylde Local Plan to 2032.

### **St. Annes on the Sea Neighbourhood Development Plan**

The St. Annes on the Sea Neighbourhood Development Plan (NPD) acknowledges the vital role of the provision of Green Infrastructure as a community facility to improve health and wellbeing. Policy EN2 – Green Infrastructure - of the St Annes on Sea NPD states that new open spaces should “be accessible and where possible, connect and enhance the existing green infrastructure network within St. Annes. Provision of open space should be in advance of relevant developments being occupied and should also be accessible to people with disabilities and be dementia friendly.” This is delivered by Policies



ENV3 (Protecting Existing Open Space (Part of the Green Infrastructure network)) and ENV4 (Provision of New Open Space (Part of the Green Infrastructure network)) of the Fylde Local Plan to 2032. Additionally, it is also recognised that a well-developed Green Infrastructure network linked with safe pedestrian and cycle networks will serve to encourage greater levels of exercise with consequent benefits to health and wellbeing.

The importance of community facilities is recognised within Policy CH1- Community Facilities of the St. Annes on the Sea NDP, which mirrors Policy HW2 – Community Facilities – of the Fylde Local Plan to 2032. The provision or if necessary the re-provision of high quality community facilities is considered essential for the health and wellbeing, social, educational, spiritual, recreational and leisure and cultural needs of residents, visitors and businesses.

### **Bryning with Warton Neighbourhood Plan**

The provision of access to health services such as GP's and dentists, is immediately noted as an issue for the Warton community, with residents having to travel at least 2 miles to reach these services. The Bryning with Warton NDP acknowledges that the area is a Strategic Location for Development (Policy SL3) in the Fylde Local Plan to 2032 so for this to be sustainable, community facilities, education provision, local retail centres and health care provision need to be included within the infrastructure delivery schedule and provided for through developer contributions.

Mirroring Policies in the St. Annes on Sea NDP and the Fylde Local Plan to 2032, Policy BWLC12 of the Bryning with Warton NDP focuses on 'Community, Leisure Facilities and Open Spaces'.

The policy states that proposals to improve and/or provide centrally located community facilities will be supported. There is a recognised lack of provision for young people in Bryning with Warton which is an issue that needs addressing. Enhancing the quality of community facilities and open space will enhance its value to the local community and result in increased usage. This will have a positive impact on the physical and mental health and wellbeing of the residents of Bryning with Warton.

**Q: Are there other documents to which the SPD should refer or which should inform the content of the SPD?**

### **Healthy Places**

The World Health organisation refers to healthy places as:

*"The place or social context in which people engage in daily activities in which environmental, organisational and personal factors interact to affect health and wellbeing."*

Public Health England defines healthy placemaking as:

*"Placemaking that takes into consideration neighbourhood design (such as increasing walking and cycling), improved quality of housing, access to healthier food, conservation of, and access to natural and sustainable environments and improved transport and connectivity."*

It is clear from these definitions that there are multiple components required to create a healthy place. As the Design Council (2018) affirms, it "cuts across built environment stakeholders, physical and social

infrastructure and fundamental changes are required in order to facilitate a positive impact on health and wellbeing.”

Planning Policy Guidance (PPG) acknowledges that *“a healthy community is a good place to grow up and grow old in”*. In these cases, the community should support healthy behaviours and support reductions in health inequalities.

In 2013, Public Health England (PHE) set up the Healthy Places Programme. This recognised that the places people live and the homes in which they live can have a significant impact on their health and wellbeing.

Although it is difficult to precisely quantify the impact of the natural and built environment on health, there is consistent research to support the notion that a majority of health outcomes can be explained by factors other than healthcare (PHE, 2017). This can include the nature of the places people live, work, learn and spend their leisure time in. The design of buildings, streets, parks and neighbourhoods can support good physical and mental health, help reduce health inequalities and improve wellbeing. Additional information on good design will be provided in the Good Design SPD. These environments should promote active and healthy lifestyles that promote active play and cycling and walking, and create healthy living environments for people of all ages that support social interaction (PPG, 2017).

On the contrary, environments that promote vehicle use, and hostile public spaces contribute to sedentary lifestyles and social isolation, thus increasing the risk of disease.

Therefore, Healthy Places are centred on five aspects of the built and natural environment, which in turn can influence healthy living. These are:

- Neighbourhood design,
- Housing,
- Healthier food choices,
- Natural and sustainable environment, and;
- Transport.

There are many strategies and plans in place across Fylde that encompass these aspects in order to try and improve the health and wellbeing of those living in the area. Opportunities to engage in physical activity are encouraged and promoted through initiatives such as the ‘Walking for Health’ group. This combines physical activity with a social element that is equally important for health and wellbeing. The YMCA’s ‘Your Move’ programme utilises a team of specialists to support over 2000 local adults, children and families in overcoming health conditions and making improvements to their daily lives (YMCA, 2018). One of the biggest plans is the construction of the Healthy New Town Demonstrator, Whyndyke Garden Village. This provides extreme potential to embed ‘healthy place’ principles from the start of a development process instead of trying to apply them in hindsight. At Whyndyke, community, health and employment facilities will be located close together in a mixed use neighbourhood, as stipulated in Policy SL2 of the Fylde Local Plan to 2032. The Whyndyke Garden Village Board are working to develop a model of healthcare provision, pushing the telehealth care agenda and the use of smart home digital technology, developing healthy community facilities, encouraging physical activity and creating life time homes. The ten guiding ‘healthy’ principles will be utilised throughout to ensure that features that contribute to healthy places and encourage a state of healthy living are brought into the development at every available opportunity.

This will support the development of healthy places and homes within Fylde, which ensure that health inequalities are considered and addressed when planning, developing and improving the built environment.

**Q: Are there any other ways in which this SPD can achieve healthy places?**

**Healthy Living**

Although people appear to make individual choices about the factors that influence their health, such as their levels of physical activity and their diet, these decisions are influenced significantly by social norms and the range of choices available.

In a report conducted by The Health Foundation (2016) it was suggested that people need to have the physical and psychological capability to perform the behaviour, strong automatic and reflective motivation to engage with the behaviour, and the social and physical environment to engage with the behaviour. Therefore, the way in which a place is designed can clearly influence a person's choice or action. Targeted policy and system changes in a community can help overcome obstacles and barriers to the necessary behaviour change required to health and wellbeing.

Health and wellbeing is embedded throughout the Fylde Local Plan to 2032, and as a result includes a number of Policies that support the provision of healthy places by advocating changes to behaviour and encouraging people to make healthier choices.

For example, a mixed use neighbourhood with well-designed and well established cycle ways and pedestrian footpaths should reduce the need to travel by car and provide the environment for people to actively want to take up more physical means of mobility. Policy GD6 of the Fylde Local Plan to 2032 states that mixed use development should be encouraged particularly on strategic sites. The availability of community facilities can influence people to attend events and join certain groups, as noted in Policy HW2 Community Facilities of the Fylde Local Plan to 2032. This can have a subsequent reduction on the high levels of social isolation in the Borough.

This highlights the importance of 'healthy places' in providing their communities with the opportunities to make healthy choices and carry out actions consistent with a state of 'healthy living'. Both of these themes run consistently throughout the considerations in this SPD Scoping Document.

**Q: Can you think of any other ways in which this Healthy Living SPD can contribute to healthy living?**

**Q: What other elements do you consider contribute to healthy placemaking? What are the highlights of your local area for you and what do you think is missing?**

**Key Considerations**

**Healthy Eating (Healthy Living)**

Healthy eating is defined by the NHS (2017) as *"eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight."* The current government guidelines for healthy eating include consuming more fruit, vegetables and starchy carbohydrates, reducing levels of sugar and salt and limited alcohol consumption (NHS, 2017).

The benefits of healthy eating are widely recognised. Keeping active and eating a healthy, balanced diet can help people to maintain a healthy weight, reduce the risk of conditions such as Type 2 diabetes and high blood pressure and is associated with higher academic performances amongst children. However, healthy eating can be influenced by a number of factors including deprivation, a perceived lack of time and a lack of knowledge surround healthy eating. More socially disadvantaged people and households have poorer dietary-related health outcomes and behaviour than more affluent households. Families on low income are less likely to be able to afford fruit and vegetables or experiment with healthy foods.

Other barriers to healthy eating include:

- Perceived cost of healthy or nutritious food,
- Lack of knowledge or education around food preparation and healthy eating,
- Poor accessibility to affordable food,
- Unclear food labelling; and,
- The marketing of high fat and high sugar foods to children.

The SPD will interrogate the evidence in terms of obesity hotspots to provide guidance on what interventions would be most appropriate and where these interventions are best placed.

### **Excess Weight and Obesity<sup>2</sup>**

Obesity is one of the biggest health challenges facing the UK, with significant negative health consequences and a huge wider cost to society. Being overweight or obese is linked to a wide range of diseases including: type 2 diabetes, high blood pressure, some cancers, heart disease and stroke (PHE, 2018). Obesity can also be associated with poor psychological and emotional health and poor sleep (PHE, 2018).

In Fylde, 68.1% of adults (age 16+) have excess weight, which is significantly worse than the England average of 64.8%. This figure should not provide a desired benchmark however, as England has one of the highest obesity rates in Europe. Eight of Fylde's 21 wards have a reception year obesity rate of 10.9% or higher which places them in the worst 20% nationally. These are: Clifton; Freckleton West; Kirkham North; Kirkham South; Medlar with Wesham; Ribby with Wrea; St. John's and Warton with Westby. Despite this, 15% of children (Year 6) are obese which is significantly better than the England average of 19.8%.

The obesity epidemic in England has attracted considerable policy attention in recent years with the 2008 publishing of 'Health Weight, Healthy Lives' encouraging local authorities to use planning regulations to provide less obesogenic environments. These are environments that promote more activity and healthier eating.

### ***Hot Food Takeaways (Healthy Places)***

Takeaway foods have become increasingly popular and are thought to be a key driver in increasing levels of excess weight and obesity due to their high levels of sugar, salt and fat, as well as low levels of micronutrients. Over 25% of calories are now thought to be consumed outside the home and meals obtained in hot food takeaway outlets often exceed recommended daily requirements for energy, fat, sugar and salt, thereby increasing the risk of becoming overweight or obese if eaten regularly. For this reason, Public Health England's "Healthy People, Healthy Places" strategy supports the governments

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<sup>2</sup> Excess weight is measured using Body Mass Index (BMI). If an adult has a BMI of between 25-29 they are classed as overweight. A BMI of 30+ means that an adult is obese. Child obesity is measured using a different methodology due to the different growth rates among boys and girls at different age levels.

place based approach to health. It states that *“the government will promote planning powers to local authorities and PCT’s to highlight the impact they can have on promoting a healthy weight, for instance through managing the proliferation of fast food outlets, particularly in proximity to parks and schools”*.

Although in some locations, the provision of Hot Food Takeaways can be advantageous where other trades are failing, and bring a footfall into quieter areas this does not outweigh the negative impact they have on health. It is also evident that Hot Food Takeaways are only a small part of the problem and a whole system approach is required in tackling obesity. With the link between planning and health becoming increasingly documented, Lancashire County Council Public Health and Wellbeing team are working with district councils to investigate how certain spatial initiatives, focussing on obesity, can be implemented. Restricting access to unhealthy food is considered a practical and sustainable method of initiating the battle against excess weight and so some Local Authorities have been using the planning system to restrict hot food takeaways.

The Town and Country Planning (Use Classes) Order 1987 (as amended) puts uses of land and buildings into various classes, referred to as ‘Use Classes’. There is a distinction between a shop (Class A1), a restaurant and café (Class A3), a drinking establishment (Class A4) for example. Generally, planning permission is required to change from one use class to another. Since 2005, Hot Food Takeaways have been classified as falling within A5 use class.

However, Fylde saw a 22% increase in the number of Hot Food Takeaways between 2012 and 2016. This indicates that action is required to prevent further proliferation. Lancashire County Council have proposed the following principles:

1. A 400m restriction zone surrounding secondary schools,
2. Refusing new A5 uses within wards where more than 15% of year 6 pupils or 10% of reception pupils are classed as obese,
3. Prevent the clustering of A5 uses in deprived neighbourhoods,
4. Presentation of local and national evidence and circumstances; and,
5. Partnership Buy-in.

This aligns with Policy HW1 of the Fylde Local Plan to 2032, where part ‘g’ supports initiatives to facilitate healthier lifestyles where these can be delivered through the planning system.

The importance of joined up healthy weight strategies are well-acknowledged. There are many opportunities within Fylde to get involved with activities that support the intended outcomes of Hot Food Takeaway restraints. These include events that promote physical activity, such as the ‘Your Move’ scheme and the Fylde Health Walk. The opportunities to improve obesity levels through food choice can be further improved through increased education and dietary awareness and more opportunities for people to grow their own food.

**Q: Do you agree that Hot Food Takeaways should be controlled as part of measures to help with obesity?**

**Q: Do you think that there are any other issues in Fylde that result in obesity in children and adults and what do you think can be done?**

### ***Opportunities for Food Growing (Healthy Places and Healthy Living)***

Growing your own food not only helps to save money but it is good for the environment, provides exercise and helps people to make healthier dietary choices. It is also a good mechanism for promoting good wellbeing.

Paragraph 11.21 of the Fylde Local Plan to 2032 states that:

*“Community food growing schemes including the ‘landshare’ initiative where local landowners lease out their land to local residents to use for food growing purposes, can help counter this [obesity and its associated health issues] by providing fresh, affordable food and also promote physical activity and social inclusion. It is important, therefore, to safeguard allotments and other urban land that can support local food growing.”*

This statement suggests that there are numerous benefits to being able to grow your own food. This is supported by a strength of evidence demonstrating the benefits of gardening and food growing for physical and mental health and wellbeing.

To improve physical health, food growing projects can:

- Increase overall levels of physical activity and fitness, burn more calories and thus can contribute to healthy weight management and reduce the risk of obesity; and,
- Increase healthy fruit and vegetable consumption for people that grow food as well as improving people’s attitude to healthy eating (Growing Health, 2014).

To improve mental health, food growing projects can:

- Contribute to improved social interactions and community cohesion,
- Reduce the occurrence of episodes of stress, the severity of stress and associated depression; and,
- Alleviate symptoms of dementia and Alzheimer’s disease, which can in turn improve circumstances for carers (Growing Health, 2014).

Allotments are the plots of land made available for individual, non-commercial gardening or growing food plants. They provide opportunities for exercise, getting fresh air and increasing consumption of home grown fruit and vegetables. In Fylde at present, housing is relatively low density with a large proportion having their own garden space, reducing the requirement for allotment land. However, future demand may require changes to how allotment space is allocated. This presents an opportunity the ‘designing in’ of allotments in new developments. This would provide for people living in gardenless flats to have access to, and reap the benefits of food growing and engaging with the outdoors.

There are a number of allotments in Fylde. These are:

- Moss Hall Lane Allotments
- Mythop Road Allotments
- Shepherd Road Allotments
- Blundell Road Allotments
- Croft Butts Lane and Naze Lane Allotments
- Kirkham Allotments
- Wesham Allotments.

Details of these can be found on the Fylde Borough Council Website.

Fylde Council recognises the importance of formal recreational sites such as allotments and they are consequently protected under Policy ENV3.

Opportunities for growing your own food can also be provided through a variety of mechanisms such as the provision of a garden within the working environment or be catered for by community led projects.

An example of this includes:

- Incredible edible ([incredibleedible.org](http://incredibleedible.org))

Incredible Edible is a network encouraging areas across the UK to become self-sufficient and improve the local community. The Incredible Edible Network was set up in 2012 in response to the popularity of the original group in Todmorden. Since then, the number of Incredible Edible groups in the UK has risen from 25 to over 100.

It seeks to:

- “Engage and inspire new groups who have decided to take up the challenge of creating kinder, more confident, more connected communities through the power of food,
- Build up, empower and connect existing groups to help them continue to deliver ever increasing impact in their own communities; and,
- Act to amplify the grass roots actions in order to inform and influence national and local policy in order that these policies may create kinder communities.”

In Rossendale, Lancashire, people visiting Rawtenstall’s Whitaker Park can pick their own free fruit and vegetables in the community garden. The garden, ‘Incredible Edibles Rossendale’ is looked after by volunteers and actively encourages anyone passing to pick and eat the food. This not only impacts on the health and wellbeing of the volunteers, but encourages people not involved in the project to eat fresh, home grown produce.

In Fylde, Incredible Edible Fylde and Wyre is held at Lytham Allotments. Its primary aim is to support adults and older people from a range of backgrounds, including those who are looking for friendship, those suffering from social isolation and loneliness and those who may have disabilities, alcohol misuse problems, weight problems or mental health issues. The Incredible Edible Fylde and Wyre has seen significant successes, such as its involvement in the ‘Larkholm for All’ project in Fleetwood, Wyre, where unused land is being transformed into a community garden. The project has been successful in bringing people who use the Larkhome Disability Day Centre, and the local community close together. The importance of the scheme has been recognised in terms of encouraging people who live locally and use the day centre to cook and use the produce from the garden and eat more healthily (Incredible Edible Network, 2018).

### ***Workplace allotments***

There are a variety of workplaces which could be suited to workplace growing projects. The workplace allotment gives staff the opportunity to grow healthy produce, exercise and meet new people.

British Airways has offered employees allotment plots at its headquarters near Heathrow Airport to help improve their general health and wellbeing. There is also a social network page on which people can share recipes for their produce and offer advice on growth strategies. The scheme has also been

implemented at Manchester Airport, university sites and other private businesses as an employee benefit.

The Fylde Coast Sub-region comprised of the Fylde, Wyre and Blackpool authorities have strong commuting flows between the three areas, indicating a vibrant and interdependent employment market. Strategic employment sites within the Fylde Borough such as the BAE Systems, Warton and Blackpool Airport Enterprise Zones and other smaller employment areas and businesses provide extensive opportunity to design in work place allotments. Due to the strong commuter flows, this will not only have an impact on the workplace health and wellbeing of employers in Fylde but also transfer healthy behaviours to the wider Fylde sub-region.

As part of the work of the SPD more evidence will be collected by contacting allotment owners to determine allotment demand and to see if there are any other recognised opportunities for food growing.

**Q: Do you know/ are you aware of a recognised need for allotment space within Fylde?**

**Q: Are there any spaces that you feel could be well used as a community garden?**

**Q: Are you aware of any workplaces that have a communal garden that promotes workplace food growing and/or gardening?**

**Q: Are there any other 'best practice' or 'good practice' examples that you feel could be taken up in Fylde?**

## **Smoking and Alcohol (Healthy Living)**

### **Smoking**

Tobacco smoking is the single largest preventable cause of ill health, premature death and inequalities, killing over 79,000 people each year in England and 1,673 adults aged 35 years and over in Lancashire alone. In Fylde, smoking prevalence in adults and smoking status at the time of child delivery are both worse than the England average.

In 2017 Lancashire County Council Published the National Tobacco Control Plan, which sets a target of reducing adult population level use of Tobacco County wide from 15% to 12%. It clear that improvements need to be made and a collaborative approach for Tobacco Free Lancashire has been developed by the Directors of Public Health in Lancashire County Council and the neighbouring authorities to share learning and experiences.

Objectives include:

- Health Education setting out clear and consistent messages about tobacco harms and the benefits of a smoke free lifestyle
- Working in partnership with the NHS and wider public sector to target key groups with higher rates of smoking prevalence including:
  - Pregnant women due to the negative health impacts for both mother and baby that come from tobacco use



- Align with the Public Health England (PHE) position that electronic cigarettes are significantly less harmful than tobacco. Although they are not risk free they are a valuable harm reduction tool.

These policy objectives are supported by a wide variety of services which help people who wish to stop smoking. 'Quit Squad', funded by Lancashire County Council provides advice and information on how to quit and the benefits of quitting smoking as well as the dangers of personal and passive smoking. Free consultations with a Quit Squad Specialist Advisor are held in Lytham St Annes, Kirkham and Freckleton every week. These measures help support the Fylde and Wyre CCG's 2030 Vision for Health and Care in Fylde and Wyre in which the improvement of 'Stop Smoking' services and tailoring these to individual needs is of high priority.

## **Alcohol**

Excessive alcohol consumption is England's second biggest cause of premature mortality behind tobacco use. Regular heavy drinking is associated with a range of additional issues such as anti-social behaviour and an increased risk of physical and mental problems. Long term alcohol misuse can also contribute to social issues such as unemployment and homelessness. In Fylde, 3 wards (St. Leonard's, Ashton and Central) sit within the worst performing 20% nationally for alcohol related hospital admissions. Alcohol consumption is therefore a concern, although alcohol specific stays for under 18's and hospital admissions for alcohol related harm decreased in recent years. Schemes such as the 'Get on Board' alcohol awareness programme have been delivered by AFC Fylde Community Foundation. This has helped young children make informed choices and decisions when it comes to alcohol misuse later in life and may contribute to improved statistics in relation to alcohol consumption and alcohol harm. The Environmental Health Department also conducts work with the local police. Usually involving sending an underage person to purchase alcohol, checks are made on whether underage sales are taking place. If underage sales are found to occur, steps are taken to ensure this doesn't happen again.

Additionally, the use of the planning system can influence reduced alcohol consumption in alcohol selling establishments through the use of Planning Conditions. Enabled by Section 70(1) (A) of the Town and Country Planning Act 1990, it is important to ensure that conditions are tailored to tackle specific problems rather than used to impose unnecessary controls. With this in mind, opening hours of relevant off licenses can be regulated through planning conditions.

**Q: Are there any particular factors within Fylde that you feel influence smoking and alcohol consumption?**

**Q: Are you aware of any successful intervention measures in your area?**

**Q: Are there any other specific policies or information (such as groups and schemes) you feel should be included?**

## **Lifetime Homes (Healthy Places)**

Living in a suitable home is important for a good and healthy later life. However, it is essential that new homes are fitted with features that support living throughout the whole life course. Lifetime homes are ordinary homes that are designed to incorporate 16 Design Criteria that can be applied to new homes at minimal cost (lifetimehomes.org). These include:

- Approaches to entrances,

- Communal stairs and lifts,
- Bathrooms; and,
- Circulation space.

Each design feature supports the changing needs of individuals and families at different stages of their lives. The construction of 1400 new dwellings at Whyndyke Garden Village provides opportunity to implement these features from initiation and thus forms the SPD objective to provide lifelong homes at Whyndyke Garden Village that will support people through each stage of their lives. The SPD will set out guidance for lifetime homes.

The Fylde Local Plan to 2032 includes Policy H2 – Density and Mix of New Residential Development. Whilst this determines the density, mix and the specialist accommodation for the elderly, there is a need to go above and beyond to ensure that new dwellings are suitable for people throughout their lives, thus reducing the need for people to relocate as a result of changing needs or situations. Building Regulations in England can ensure that people are able to access and use buildings and their facilities. This is done through the use of ‘Approved Document M: access to and use of buildings, volume 1: dwellings’. Based on the content of this document and discussions with stakeholders it has been suggested that 80% of all new homes at Whyndyke Garden Village meet the optional Building Regulation Requirement M4(2) Category 2 – Accessible /Adaptable dwellings. Discussions on this matter are ongoing.

Although it is essential to remember that lifetime homes are not specifically about catering for the elderly, the elderly population of Fylde is expected to grow. ‘Adapting for Ageing- Good Practice and Innovation in Home Adaptations’ provides a series of home adaptations that will assist older people to live independently in their own home for as long as possible. It can also assist with the inequalities and disabilities that occur as a result of ageing. These adaptations include provision of space and electrics for stair lifts, automatic window controls, digital capabilities, hoists and bathroom features that can be well hidden and storage space. Many elements can be used throughout different life stages and to accommodate different needs such as disabilities. For example, a space for wheelchair storage can be used for pram storage or a space for toys etc.

Facilitated discussions are underway with a variety of stakeholders including Public Health at Lancashire County Council, Fylde and Wyre CCG and building developers and Cassidy and Ashton architects to create a suggested approach to Homes for Life Long Living to be considered by Whyndyke Garden Village Developers. This SPD will further interrogate the evidence to determine what features should be accounted for within new home and provide guidance on their implementation in order to support lifetime living.

**Q: Do you agree that 80% of houses at Whyndyke Garden Village should be accessible/adaptable dwellings?**

**Q: What features do you feel your own house is missing and how would the implementation of these assist you in carrying out your daily activities?**

**Q: Are there any features within your house that make life easier and you feel should be standard in all homes?**

**Q: What features or elements do you think would help a new home become a lifetime home?**

## **Community Facilities (Healthy Places)**

The importance of community facilities is widely recognised in National and Local Planning Policy, as is their contribution towards a state of good health and wellbeing. They can contribute towards community spirit and reduce the need to travel by making communities more self-contained.

NPPF Paragraph 20, criterion 'c' states that strategic policies should set out an overall strategy for the pattern, scale and quality of development, and make sufficient provision for community facilities (such as health, education and cultural infrastructure).

Paragraph 83, criterion 'd' states that planning policies and decisions should enable the retention and development of accessible local services and community facilities, such as local shops, meeting places, sports venues, open space, cultural buildings, public houses and places of worship.

The protection of existing and provision of new community facilities where necessary is supported strongly within the Fylde Local Plan to 2032. Strategic Objective 5 (criterion 'h') endeavours to develop socially cohesive, safe, diverse and healthy communities by facilitating access to community facilities, including health and social infrastructure and developing socially cohesive, diverse and healthy communities by investment in existing and the provision of new formal indoor and outdoor sports facilities across the Borough.

Policy HW2 – Community Facilities of the Fylde Local Plan to 2032 states that:

- Development proposals for new community facilities – including developments within the new local centres at Warton, Whyndyke and Whitehills, should be co-located where possible, providing mixed uses and a range of services in one sustainable and accessible location.
- Where new facilities are required independent of new development, co-location should be considered in the most accessible community buildings available, i.e. using a hall or a public house as a venue for a post office, or a healthcare facility several days a week.
- The loss of any community facilities will be resisted unless it can be demonstrated that the facility's continued operation is no longer viable or needed, or can be relocated elsewhere in a location that is equally accessible by the community.

Policy HW3 – Protection and Provision of Indoor and Outdoor Sports Facilities of the Fylde Local Plan to 2032 states that:

- In order to provide appropriate indoor and outdoor sports facilities for the communities of Fylde, the Council will: protect existing indoor and outdoor sports facilities unless they are proven surplus to need, an equivalent or better quality and quantity sports facility will be created and the proposed development is for an alternative sports facility where benefits outweigh the loss of the existing sports facility. All new indoor and outdoor sports facilities will be supported where they are readily accessible by public transport, walking or cycling, and the proposed facilities are appropriate to the size of the settlement.

The Council also produced a Playing Pitch Strategy which will assist any proposals affecting outdoor sporting facilities. Additionally, the overall goal of Fylde Council's Sports Development Plan is to ensure there are more high quality opportunities to participate in sport and physical activity within the Fylde facilities and the wider community. Set out through three key themes it is anticipated that through working with partners, the full potential of community facilities can be realised. Social isolation and inactivity can be impacted through targeted intervention, particularly in areas of deprivation and Fylde residents can benefit from resources to positively impact their health outcomes.

The recently adopted Fylde Local Plan to 2032 provides for the development of 8715 new homes by 2032. This will place pressure on existing community facilities as well as create a requirement for additional community facilities such as schools, sports clubs and high quality open space. These will need to cater for a variety of needs, such as the provision of plentiful opportunities for older people to assist their physical and mental health and wellbeing. Community facilities also have a vital role in helping to promote healthier lifestyles across the Fylde Borough. Park View 4U is a charity based at Park View Playing Fields in Lytham. It raised funds to transform a field into an awards winning park which provides facilities for 3 generational users. It works with many partner organisations such as 'Health Walks, Gardening Clubs, and Sports events to deliver community activities. The Eco Pod community centre provides educational programmes such as Forest and Beach school and Wildlife Watch Club. These activities and events all contribute to improving health outcomes in all ages of the local population. Activity levels are increased, mental wellbeing improved and the educational element allows for an understanding of the local area and contributes to a strong sense of place. There could be scope for an additional facility/facilities elsewhere in the Borough to help maximise the benefits.

An objective of this SPD is to improve activity levels for adults in Fylde by providing opportunities for people to be active and engage in activities in and around the places in which they live. There are current developments within the Borough that lack access to community facilities in close proximity to homes, decreasing opportunities for activity and leisure and encouraging car use. The need for a new secondary school and a new church in Warton have also been recognised. The findings of the Facility Review, prepared by Lancashire Sport Partnership additionally recommends the provision of indoor tennis centres in Fylde, together with approximately 113 more Health and Fitness stations (i.e. treadmills, cycling machines, rowing machines etc), due to current under-provision.

The Council will engage with members of the community, educational facilities and the Education Authority, sports clubs and Town and Parish Councils to assess in greater detail the requirements for community facilities and the improvements to existing facilities as part of the SPD process.

**Q: Are there any areas you feel are lacking in community facilities? If so where and what sort of facilities?**

**Q: Are there any community facilities that you feel work well and why do you think they work well?**

**Q: What are the sort of activities you would like to see held in a community facility? Are there any you take part in now or would be interested in taking part in if there was an increased provision of activities or locations?**

### **Cycling and Walking (Healthy Places and Healthy Living)**

NPPF Paragraph 91, criterion 'c' states that planning policies and decisions should aim to achieve healthy, inclusive and safe places which enable and support healthy lifestyles with layouts that encourage walking and cycling. The Fylde Local Plan to 2032 recognises that providing more opportunities for cycling and walking can offer significant enhancements to health and wellbeing. It additionally recognises that cycling and walking helps congestion and carbon emissions and can provide a low cost means of transport.

In Fylde 78.1% of residents walked and 18.7% of residents cycled at least once per month in the year 2016/17, which indicates that there is potential for improvement. The number of people killed and seriously injured on the roads in Fylde are also significantly worse than average.

Currently, some areas of Fylde are unattractive for cyclists, including the area south of the M55 at Peel Hill, which has poor links to Blackpool and St Annes. Lancashire County Council want to see improvements to the A584 and B5261 corridors to make them attractive to cycle on. The minor road network is key to increasing cycling and improvements to link cycle paths to make it more attractive to cycle from residential areas to schools, town centres and the seafront are paramount. A key link is from the Queensway development (site HSS1) to the coastal cycle route. Improvements to the public realm are recognised to encourage walking. These improvements will be supported by a Local Cycling and Walking Infrastructure Plan.

The Fylde Coast Highways and Transport Masterplan states that the Fylde Coast Cycle Network will build on work already taken between Fleetwood and Starr Gate and in St. Annes, as well as the Blackpool Explorer routes and initiatives that are underway such as the Blackpool Green Corridor initiatives. The completion of the Fylde Coastal Way will be key to the network, which will link the Guild Wheel to the Bay Cycle Way. Lancashire County Council will work towards ensuring that the whole length of the Way is a family friendly, long distance route suitable for all users.

The Fylde Local Plan to 2032 includes cycling and walking within criterion (a) of Strategic Objective 3:

Taking an integrated approach to the location of development with improved accessibility to key facilities (by walking, cycling and public transport) in order to provide the opportunity for a modal shift away from car use.

As a result, the Local Plan incorporates cycling and walking into a number of different policies, which promote improvements to existing pedestrian and cycling infrastructure and its implementation in new developments. There are a number of purposes for this inclusion, including enhancing sustainable transport, improving linkages between key areas and improving health and wellbeing.

Stakeholder engagement could be increased with engagement occurring with businesses, residents and visitor destinations with the aim of getting more people walking and cycling more safely.

Information leaflets could be left in holiday accommodation to ensure visitors are aware of their cycling and walking options. Additionally, information on improvements or local walking and cycling groups could be provided by different means for residents in an attempt to influence uptake.

This SPD will examine the evidence behind the high number of people killed and significantly injured on Fylde's roads and provide guidance on what interventions would be most appropriate and where these interventions are best placed.

As part of the work for this SPD the Council will liaise with Highways at Lancashire County Council to see where and how improvements to pedestrian routes and cycle paths could be made.

**Q: Where do you think the key areas of concern lie?**

**Q: How do you think cycling and walking should be promoted?**

**Q: Do you agree with these areas of concern? Are there any other areas that you feel should be included?**

## Access to Natural Areas (Healthy Places and Healthy Living)

It is becoming increasingly recognised that access to natural areas can make a population healthier and happier. Studies have shown that access to nature plays a vital role in achieving good physical and mental health. It is proven to reduce levels of obesity, allergies and emotional stress in children and lowers mortality rates in the elderly.

The Fylde Borough has an abundance of high quality natural areas, such as varied coastal landscapes, historic parklands, wildlife reserves, sports facilities and woodland belts. As much as it is important to create high quality natural areas as a visitor or 'travelled to' destination, it is equally essential that areas are created immediately outside of people's homes that encourage people to go out and enjoy natural areas from their front doorstep. Improvements to the public realm are paramount in kick-starting this process.

The importance of access to natural areas has been well recognised within the Fylde Local Plan to 2032 specifically within Policy ENV3 – Protecting Existing Open Space (Part of the Green Infrastructure network) and Policy ENV 3 – Provision of New Open Space (Part of the Green Infrastructure network). It is however, presented as an ongoing theme throughout.

These Policies work in conjunction with: Policy ENV1 – Landscape and Policy ENV 2 – Biodiversity and are supported by Policy HW2 – Community Facilities and Policy HW3 - Protection and Provision of Indoor and Outdoor Sports Facilities.

The Vision of The Fylde Coastal Strategy 2015-2032 contributes to the provision of high quality coastal areas:

*“To create a unique, high quality destination for residents and visitors, which is based on the conservation and enhancement of the natural landscape and heritage assets of the coastal area of the Borough of Fylde”.*

There are 10 objectives, many of which contribute to the provision of high quality natural spaces for residents and visitors:

- To create an interconnected corridor of green infrastructure along the Fylde coast.
- To improve the quality of our bathing water and beaches.
- To protect, enhance, regenerate and maintain the natural environment and the heritage assets of the Borough.

Additionally, The Fylde Coastal Strategy is made up of ten themes, all of which contribute to the provision of high quality coastal spaces in the Borough.

The Fylde Green Infrastructure (GI) Strategy recognises that GI provides multiple environmental, economic and social benefits by providing a mix of overlapping functions, for example by providing wildlife, recreational and cultural experience, as well as delivering ecological benefits, flood protection and microclimate control. The Fylde GI Strategy presents a SWOT table, identifying strengths, weaknesses, opportunities and threats in terms of creating a high quality GI network in the Borough.

A particular challenge in this area is a lack of funding. As the resident and visitor population of the Fylde Coast grows, it is crucial that funding is made available to ensure provision of high quality natural areas.

This SPD will assess how to encourage time spent in natural areas. Extending opportunities for local schools, businesses, volunteers and residents to get involved in managing their natural environment, expanding opportunities for all ages and abilities to enjoy the Borough's countryside, heritage and wildlife, and the targeting of deprived areas for green infrastructure delivery to improve access to health and environmental quality are a number of ways in which this could be managed. It is also important that Green Infrastructure and natural and open spaces are integrated into the start of all planning and design plans at the strategic level by setting requirements through pre-applications and site allocations.

**Q: What features of natural areas make you to want to spend time outdoors?**

**Q: Are there any particular natural areas in the Borough you prefer to spend your time outdoors? If so, why is this?**

**Q: What opportunities are there to increase the time people spend outdoors? Please think about this in terms of age, as what may influence a child may not influence an elderly person.**

### **Health Impact Assessment (HIA)**

A *'Health Impact Assessment (HIA) is a tool which allows for evaluating the health impacts of policies, strategies and initiatives'*. (European Portal for Action on Health Inequalities). The purpose of HIA is to inform decision makers of any adverse health effects that may arise from proposed actions and support identification of appropriate policy options. HIA should aim to enhance the potential positive aspects of a proposal through assessment, whilst avoiding or minimising any negative impacts, with particular emphasis on disadvantaged sections of communities that might be affected.

Policies adopted through the Fylde Local Plan to 2032 will impact on future planning decisions in the Borough and will consequently shape the community. HIA tested policies will ensure that the policies will reflect the health needs of the people in Fylde and set out appropriate standards for new development in the area. The HIA should be conducted at the earliest opportunity whilst the type of assessment would depend on the nature of the policy.

The need for a robust HIA has been recognised in the Fylde Local Plan to 2032:

#### **Policy HW1 – Health and Wellbeing (Fylde Local Plan to 2032)**

“In order to help reduce health inequalities, the Council will require health impact screening to be undertaken for all major development proposals on strategic sites through the submission of a masterplan. A full independent HIA will be required if the screening demonstrates a need. The HIA's will be assessed by Lancashire County Council as the public health authority.”

The number of HIAs submitted alongside major planning applications are presented as a Performance Monitoring Indicator for Policy HW1 Health and Wellbeing in the Fylde Local Plan to 2032. Lancashire County Council are currently exploring the provision of a HIA template and guidance document to assist in the production of robust and comprehensive HIAs.