

Planning for a Healthy Environment

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Health definition

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

World Health Organisation 1948

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Current health problems

- “As a nation, we are faced with the real possibility that – due to lifestyle changes – our children will not live as long as their parents unless there is a shift towards healthier living.” (1)
 - “Millions of working days are lost each year through ill-health, with mental health problems and stress now the most frequent causes of this” (1)
 - Poor air quality exacerbates respiratory illness particularly in hot weather
- 1 Our Health, Our Care, Our Say: Jan 2006 – Dept of Health

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Current health problems

- 23% women and 22% men in England were obese in 2001 compared to 8% women and 6% men in 1980
- In the East Midlands 23% of boys and 30% girls aged 2-15 are overweight or obese
- Obese children have a 50% chance of becoming obese adults

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Financial cost

- Estimated costs of obesity in 2002 were £3.3-3.7 billion
- Estimated costs of overweight and obesity in 2002 were £6.6-7.4 billion

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Health and environment issues



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Emissions from transport

MODE OF TRAVEL	CO ₂	C	NO _x	Particulates
Car				
Petrol	298	81	0.95	0.10
Diesel	225	61	2.22	0.30
Hybrid	200	55	0.3	N/a
Rail	116	32	n/a	N/a
Air	340	93	0.70	N/a
Taxi	357	97	2.43	0.66
Coach / Bus	90	25	0.3	0.03
Tube	171	47	0.12	N/a

based on average g per passenger mile based on an average occupancy for each vehicle type (1 for car 20 for buses).

Source: Forum for the Future 2006

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Traffic Accidents

- 1 January to 31 December 2006
- 3326 Total Casualties in Nottingham and Nottinghamshire
- Of those 304 were killed or seriously injured
- National casualty reduction targets :-**
 - A 40% reduction in the 1994-98 average for KSI by 2010.
 - A 50% reduction in the 1994-98 average for child KSI by 2010.
 - A 10% reduction in the rate for slight casualties calculated as the number of people slightly injured per 100 million vehicle kilometres by 2010.
- Source: INJURY ACCIDENT AND CASUALTY ANALYSIS - NOTTINGHAMSHIRE POLICE AUTHORITY AREA(i.e. COUNTY OF NOTTINGHAMSHIRE & CITY OF NOTTINGHAM COMBINED)

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Current environmental problem

"there is no longer any real debate over the fact that climate change is happening and that man-made emissions are the main cause"

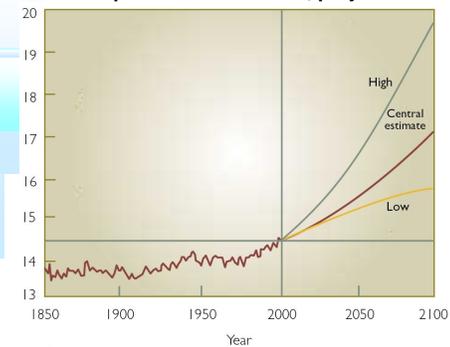
"The threat from climate change is perhaps the greatest challenge facing our world. Without decisive and urgent action, it has the potential to be an economic disaster and an environmental catastrophe." - Tony Blair - Prime Minister

Source: Draft Climate Change Bill March 2007

- consultation period until 12 June 2007 - www.defra.gov.uk/corporate/consult/climatechange-bill

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Global temperatures since 1850, projected to 2100



Source: WHO - <http://www.who.int/globalchange/climate/en/>

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Improving health

People who are physically active reduce their risk of developing major chronic diseases (such as coronary heart disease, stroke and type 2 Diabetes) by up to 50%, and reduce the risk of premature death by 20 – 30% (Chief Medical Officer 2004).

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Accessibility Planning

Accessibility Strategy – Nottingham City and Nottinghamshire County Council – March 2006

Priority action areas set out including for access to health; -

H5 and LCT2 -

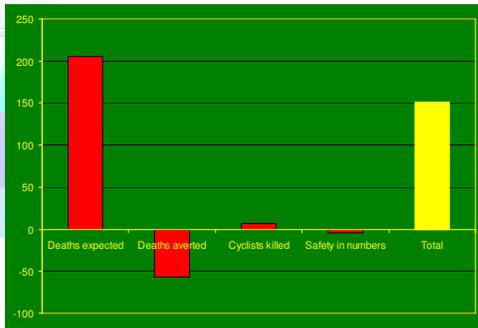
"Use the rights of way improvement plans to promote use of local services and locations which support healthy lifestyles eg leisure centres, parks, open spaces"

Objective 4 –

"ensure access to a range of essential services including a choice of healthy affordable food outlets by maintaining the viability of local and district centres."

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Is cycling one of the solutions?



Source: Harry Rutter – South East Public Health Observatory

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Cycling to improve the environment

- Stern recommended that the UK must commit to emissions reductions for business, government and consumers and must **reduce energy consumption**. Deep cuts in the transport sector are likely to be more difficult in the shorter term, but will ultimately be needed.

■ Stern Review - recommendations

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Solutions - health



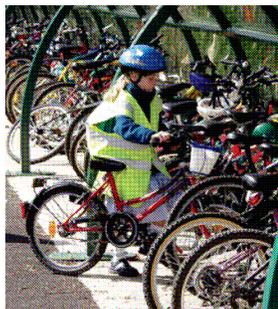
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Solutions - environment



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Solutions – health and environment



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How to increase cycling



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Increasing cycling – Ridewise cycle training aims

- Help reduce the number of trips by car and thus benefit the environment and reduce traffic congestion;
- Contribute to the health and wellbeing of the community and specifically certain target groups; and
- Facilitate access to work, learning, leisure, health and essential services.

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Further information

- www.rcep.org.uk/urbanenvironment.htm
- *Health Impact Assessments as part of Strategic Environmental Assessments – topic at next HEP meeting*

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