Courtesy: Matter Architecture

Design for Health & Wellbeing

26/03/2020

- **The environment is vital for health - while 25% of our health is dependant on formal healthcare systems, a further 60% of our health derives from the social, economic and environmental factors in our lives.** There are a number of opportunities to include health considerations in plan making and planning decisions that align with public health objectives.

- **Regulation of the health impacts of building materials, furnishings and households is lagging behind** and reviews of health in the environment can miss out this important aspect. The precautionary principle says that we need to think about potential harm where there is a lack of regulation. This goes for long term exposure within the home, exposure in a fire as well as the poor handling and disposal of materials.

- **Collaboration will be key in meeting the health challenge**. Work is being done to provide clearer, more comprehensive means to map what kinds of decisions need to be taken to integrate health and wellbeing across a wide range of scales of work. Siloed and narrow 'to the job description' kinds of working prevent joining up.

- **We need to rediscover a new generosity in the spaces in and around our homes which encourage and enable communities to prosper.** Thinking about this intentionally and modelling typologies which illustrate how it can work well provide a stepping stone towards achieving this in practice. Where we do achieve it, we need to capture the lessons learned to share these widely.

- **Liveable neighbourhoods are an important means to ensure health and wellbeing,** by providing great destinations and ensuring the routes to and between them are attractive, welcoming and safe for pedestrians, cyclists and those using public transport. There are many practical ways to achieve this and boroughs in the Liveable Neighbourhoods programme are showing how it can be done.

Urban
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Courtesy: Matter Architecture

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